

# SUPPORT GROUPS

## **Alcoholics Anonymous (AA) Group**

The meeting of Alcoholics Anonymous (AA) is intended to help seniors explore their drinking difficulties in an understanding environment that relies on AA's proven 12-step approach. Particular attention will be given to the early phases of recovery. This is an open meeting of Alcoholics Anonymous that non-alcoholic people may attend.

### **Seymour Center**

Wednesdays (357070)

3 pm

## **Caregivers' Support Groups**

Meet with other caregivers to share experiences, learn new skills, and to get answers to questions about dementia and other long-term disabilities. Group is open, friendly and informal. Reservations are not required but supervised activities can be available for loved ones during group time with a reservation 24 hours in advance. To register, call 919-968-2087. For more information about the group and caregiving in general, call Pam Tillett at 919-245-4278.

**Register by:** 1 week prior to meeting date for both centers

### **Passmore Center**

1<sup>st</sup> Tue, Dec 5; Jan 2; Feb 6 (255005-01)

4 - 5:30 pm

### **Seymour Center**

2<sup>nd</sup> & 4<sup>th</sup> Fri, Dec 8, 22; Jan 12, 26; Feb 9 (352755)

10:30 am - 12 noon

## **Hearing Loss Association of Chapel Hill**

Call Ruth Miller, 919-622-8467.

## **FTD (Frontotemporal Degeneration) Support Group**

A regional support group for caregivers with a loved one diagnosed with Frontotemporal Degeneration. For more information about the group contact Kathy LaFone, 919-632-8083, or timlafone@yahoo.com

### **Burlington/Mebane area**

3<sup>rd</sup> Tue, Dec 19; Jan 16; Feb 20

## **Low Vision Support Group**

For more info for Seymour group and Passmore group contact Kim Tyler at 919-560-8633.

### **Seymour Center**

1<sup>st</sup> Tue, Dec 5; Jan 2; Feb 6 (352777)

10 am

## **Memory Cafes**

A new social outlet for people with dementia, and their care partners. Come for fun activities and light refreshments.

### **Seymour Center**

2<sup>nd</sup> Mon, Dec 11; Jan 8; Feb 12

1:30 - 3:30 pm

### **Passmore Center**

3<sup>rd</sup> Mon, Dec 18; Jan 15 (255017-01)

2 - 4 pm

### **NAMI Orange County Support Group**

This group is sponsored by NAMI (National Alliance on Mental Illness) Orange County. It is a structured, interactive support group open to family members and friends of children and adults with a mental illness. For more information, contact Joanna Owen, [bowen.joanna1@gmail.com](mailto:bowen.joanna1@gmail.com), or call NAMI Orange Information Line, at 919-929-7822. Information about NAMI Orange County is available at [www.NAMIOrange.org](http://www.NAMIOrange.org)

#### **Seymour Center**

2<sup>nd</sup> Tue, Dec 12; Jan 9; Feb 13 (357009) 7 pm

#### **Christ United Methodist Church (Office Building)**

1<sup>st</sup> Wed, Dec 6; Jan 3; Feb 7 12 noon

### **Parkinson's Disease Caregivers Open Discussion Group**

Join family and friends who care for people with Parkinson's disease in this support group. Share your experiences and learn new skills. Facilitated by UNC-CH Dept of Neurology. For information contact the support group leader, Jessica Shurer, at 919- 843-1657 - [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu) or visit the website:

[www.chapelhillparkinsons.weebly.com](http://www.chapelhillparkinsons.weebly.com)

#### **Seymour Center**

1<sup>st</sup> Tue, Dec 5; Jan 9; Feb 6 (352851) 12:30 - 1:30 pm

### **Parkinson's Disease Patient Open Discussion Group**

Join other people who have been diagnosed with Parkinson's disease in this support group. Share your experiences and learn new skills. Facilitated by UNC-CH Dept of Neurology. For information contact the support group leader, Jessica Shurer, MSW, LCSW at 919- 843-1657 - [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu) or visit the website:

[www.chapelhillparkinsons.weebly.com](http://www.chapelhillparkinsons.weebly.com)

#### **Seymour Center**

1<sup>st</sup> Tue, Dec 5; Jan 9; Feb 6 (352879) 1:30 - 3 pm

### **Parkinson's Disease Support Group**

Those afflicted with Parkinson's and their caregivers are invited to join us the 3<sup>rd</sup> Wed of every month. Come share, learn, and talk with fellow PD'ers and caregivers. Occasional speakers.

**Leader:** Patty Meehan and Susan Gerbeth-Jones

#### **Passmore Center**

Wed, Jan 17; Feb 21 (No meeting in Dec) (255004-01) 1 -2:30 pm

### **Pulmonary Hypertension (PH)**

PH Association Requests: Patients, family members, friends, and anyone who would like to learn more about this disease are welcome to come and participate in this quarterly meeting. For information, call Mitzi Twine, 919-419-9091.

#### **Seymour Center**

Sat, Dec 9; Feb 17 (352833) 11:30 am -1:30 pm

### **Stroke Support Group**

Contact Blaise Morrison - [Blaise\\_Morrison@med.unc.edu](mailto:Blaise_Morrison@med.unc.edu)

**Center for Rehabilitation Care**  
1807 N. Fordham Blvd, Chapel Hill NC  
2<sup>nd</sup> Wed, Dec 13; Jan 10; Feb 14

1 - 2 pm

**Triangle Aphasia Project, Unlimited**

Maura English Silverman, MS, CCC/SLP, Founder and Senior Advisor. Visit the web site at [www.asphasiaproject.org](http://www.asphasiaproject.org) for more information.

**UNC CRC Building**

Thursdays

1:30 - 2:30 pm

**Veteran Caregivers Connect**

A time to relax, and enjoy a cup of coffee/tea and conversation with fellow caregivers.

**Passmore Center**

2<sup>nd</sup> Wed, Dec 13; Jan 10; Feb 14

9 - 10 am