

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 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

1st Tue, Jun 5; Jul 3; Aug 7 (255005-01)

4 - 5:30 pm

Seymour Center

2nd & 4th Fri, Jun 8, 22; Jul 13, 27; Aug 10, 24 (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

3rd Tue, Jun 19; Jul 17; Aug 21

Low Vision Support Group

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

Seymour Center

1st Tue, Jun 5; Jul 3; Aug 7 (352777)

10 am

Memory Cafes

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

Seymour Center

2nd Mon, Jun 11; Jul 9; Aug 13

1:30 - 3:30 pm

Passmore Center

3rd Mon, Jun 18; Jul 16; Aug 20 (255017-01)

2 - 3:30 pm

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 or visit the website:

www.chapelhillparkinsons.weebly.com

Seymour Center

1st Tue, Jun 5; Jul 3; Aug 7 (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 or visit the website:

www.chapelhillparkinsons.weebly.com

Seymour Center

1st Tue, Jun 5; Jul 3; Aug 7 (352879)

1:30 – 3 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, Jun 23; Aug 11 (352833)

11:30 am – 1:30 pm

SPOUSE LOSS SUPPORT GROUP

For those experiencing the loss of their spouse

To register for this group, please call or email Gail Smith, 919-218-7995, Cynthia.Smith@unhealth.unc.edu

Seymour Center

Thu, July 19 -Aug 30

1:00-2:30 pm

Stroke Support Group

Contact Blaise Morrison - Blaise_Morrison@med.unc.edu

Center for Rehabilitation Care

1807 N. Fordham Blvd, Chapel Hill NC

2nd Wed, Jun 13; Jul 11; Aug 8

1 – 2 pm

Take Off Pounds Sensibly (TOPS)

A weight loss support group, TOPS, is a non-profit and non-commercial organization. We'll help you reach your goals in a warm, caring support group for adults and children (age 7 +). Join us to help you have the pounds "fall" off. Contact: Timothy Cyr, 919-579-0672, for more information.

Fee: First visit is FREE.

Passmore Center

Tuesdays (257000-01)

11 am – 12 noon

(Weigh-in: 10 am in the Wellness Room)

Triangle Aphasia Project, Unlimited

Maura English Silverman, MS, CCC/SLP, Founder and Senior Advisor. Visit the web site at 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

2nd Wed, Jun 13; Jul 11; Aug 8

9 - 10 am