

Lee County Enrichment Center Support Groups



Alzheimer's/Dementia Caregiver Support Group –

1st & 3rd Thursday of every month at 1:00 p.m.

This group offers support, advice & understanding to caregivers, family and friends of those living with Dementia. Come familiarize yourself with this overwhelming disease and learn about community resources to help yourself and others deal with the present and plan for the future. Facilitators: Holly Hight & Kay Gladden

**There is also a virtual group that meets weekly, Thursdays at 1pm, on Zoom. Facilitator: Ismay Parrish. Call (919) 776-0501 ext. 2230 for log-in information.*

Breast Cancer Support Group –

1st Tuesday of every month at 6:00 p.m.

The Enrichment Center is proud to introduce a new support group for Breast Cancer patients, survivors, and caregivers. This group will provide a safe, comforting environment for group discussions, resources, and support. Facilitator: Bobbi Matthews, CMA at Advanced Care for Women

Diabetic Support Group –

1st Wednesday of every month at 10:00 a.m.

Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as, the caregivers and loved ones of diabetics. Facilitator: Michelle Vazquez, Lee County Health Department

Grandparents Raising Grandchildren Support Group –

Last Tuesday of every month at 10:00 a.m.

Are you a grandparent raising grandchildren/parenting the second time around? Come learn about community resources, network with other grandparents and have guest speakers answer your questions. This group is in conjunction with The Partnership For Children's Grand Nurture Café that meets weekly, Tuesdays at 10am. Facilitator: Holly Hight

Grief Support Group –

1st & 3rd Thursday of every month 1:00 p.m.

Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. Need to talk to someone who understands? Our grief support group provides an opportunity for those persons grieving to come together for support and assistance with the grieving process with a trained professional. Facilitator: Linda Moore, MSN, LCSW

Low Vision Support Group –

2nd Tuesday of every month at 1:00 p.m.

This group was created for people with vision impairments, and their loved ones, to discuss ways to cope with low vision and discover resources to help individuals live productive lives. Facilitator: Susan Mills

Parkinson’s Disease Support Group –

3rd Wednesday of every month at 10:30 a.m.

Support, problem solving and education for persons with Parkinson's, their family members, caregivers, friends or anyone wanting to learn more about this disease. Facilitator: John Wilson

Sanford/Lee County Stroke Support Group –

2nd Thursday of every month at 1:00 p.m.

Provides educational materials, speakers and support for those who have had a stroke, their families and caregivers. Facilitator: Joy Murphy

***Meetings are open to all adults and held at:
The Enrichment Center of Lee County
N.C. Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330***

