

Enrichment Center Support Groups



Alzheimer's Support Group

Facilitator: Holly Hight & Kay Gladden

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

This group offers support, advice & understanding to caregivers, family & friends of Alzheimer's patients. Come familiarize yourself with this overwhelming disease, learn about community resources & help yourself & others deal with the present and plans for the future.

"ANGELS" (Angels Now Getting Empathy, Love & Support)

Caregiver Support Group

Facilitator: Carolyn Savina

2nd & 4th Tuesday of the month 6:00 - 8:00 p.m.

Provides a forum for families and friends of individuals caring for loved ones. "ANGELS" share experiences, information, discuss mutual problems and learn coping skills.

The Caring Connection Support Group

Facilitator: Candy Davidson

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

A cancer support group that provides a time for patient & family members to discuss feelings & concerns.

Diabetes Support Group

Facilitator: Necole Thomas

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.

Grandparents Raising Grandchildren Support Group (GRANCARE)

Facilitator: Holly Hight

Are you a grandparent raising grandchildren and parenting the second time around? Grancare needs your participation. Please call (919) 776-0501 ext. 2230, if you would like to be a part of this group or would like more information.

Grief Support Group

Facilitator: Linda Moore, RN, MSN, PA

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

Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

Living with Vision Loss Support Group

Facilitator: Ambrose Greene

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

This group was created for people with vision impairments (including Macular Degeneration & Glaucoma) and their loved ones to discuss ways to cope with low vision.

Parkinson's Disease Support Group

Facilitator: Bob Brickhouse

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

Support, problem solving and education for persons with Parkinson's Disease, their families and caregivers.

Sanford/Lee County Stroke Support Group

Facilitator: Joy Murphy

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.

Sanford MS Self-Help Group

Facilitator: Rosemary McLeod

2nd Monday of every month at 6:30 p.m.

Self-help group for people living with multiple sclerosis & their families in the Sanford area.

***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
(919) 776-0501 Ext. 2201***