



# SUPPORT GROUPS

## **Second Monday at 4 p.m.**

## **Parkinson's Support Group of the Sandhills**

Clara McLean House  
20 First Village Drive | Pinehurst | 910.715.4230  
Facilitator: Laura Kuzma, FirstHealth of the Carolinas

## **First Tuesday at 2 p.m.**

## **Alzheimer's Caregivers & Adult Children Support Group**

Fox Hollow Senior Living Community  
190 Fox Hollow Road | Pinehurst | 910.695-0011  
Facilitator: Jennifer Tyner, AOS Care Management

## **Second Tuesday at 2 p.m.**

## **Caregiver Support Group**

FirstHealth Grief Resource & Counseling Center  
251-B Campground Road | Pinehurst | 910.715.6000

## **Third Tuesday at 1 p.m.**

## **Dementia Caregiver Support Group**

Clara McLean House  
20 First Village Drive | Pinehurst | 910.715.4224  
Facilitator: Rebecca Ainslie, The Foundation - FirstHealth

## **Last Tuesday at 5:30 p.m.**

## **Caregivers & Adult Children Support Group**

Pittman Grove Baptist Church  
4921 Pittman Grove Church Road | Raeford | 910.639.9420  
Facilitator: Donna Brock, AOS Care Management

## **Second Wednesday at noon.**

## **Alzheimer's Caregivers & Adult Children Support Group**

Elmcroft of Southern Pines  
101 Brucewood Road | Southern Pines | 910.420.3762  
Facilitator: Jennifer Tyner, AOS Care Management

## **Second Wednesday at 2 p.m.**

## **Early-Stage Alzheimer Support Group**

Chapel in the Pines  
2125 Seven Lakes South | West End | 910.673.2156  
Facilitators: Angela Boles, AOS Care Management  
Amy Natt, AOS Care Management

There are a number of support groups available across the region, please contact Aging Outreach Services at [info@AOSNC.com](mailto:info@AOSNC.com) for more information on the available support groups in your area.