

Local Area Support Groups

| County | Support Group | Meeting Place/Address | Phone | Information |
|----------|---|--|---|--|
| Cabarrus | Sickle Cell Disease | Grace Lutheran Church Education Center 179 Tournament Street Concord, NC 28025 | 704-605-2799 | To provide support, education, advocacy & hope to people who have sickle cell disease. Family & friends welcomed. |
| | Brain Injury/Spinal Cord Injury | NorthEast Medical Center Medical Arts Building Classrooms 2 & 3 | 704-784-2503 Margaret Love 704-783-1705 Jeannie Jett | 2 nd Monday of each month 7:00-8:30 pm |
| | NAMI (Alliance for Mentally Ill) | Cabarrus Senior Center 331 Corban Ave SE Concord, NC 28025 | 704-788-1531 | Meets Monday (except holidays) @ 7:00 pm Provides support, education, & advocacy for persons who have a mental illness & their families. |
| | Harrisburg Alzheimer's Support Group | Carillon Assisted Living 5200 Roberta Rd Harrisburg, NC | 704-455-6226 Judy Snowden | First Monday of each month @ 7:00 pm. |
| | Cabarrus County-Concord Alzheimer's Support Group | Cabarrus Senior Center 331 Corban Ave SE Concord, NC 28025 | 704-532-7391 Beth Croom | Third Tuesday of each month @ 11:00 am. |
| | SPARK Breast Cancer | Womens Center @ NorthEast Medical Center | 704-783-2392 Cindy Wise | First Thursday of each month @ 6:00 pm. |
| | Circle of Hope Breast Cancer | George Batte Cancer Center Campus of NorthEast Medical Center | 704-783-2393 Betsy Rosado | Second & Fourth Tuesday of each month @ 6:00 pm. |
| | Cancer Support Group | George Batte Cancer Center Oncology Waiting Room Campus of NorthEast Medical Center | 704-783-1443 Chaplain Tony Biles | First Tuesday of each month @ 6:30 pm. Open to all cancer survivors, patients, & families. |
| | Fibromyalgia Support Group | 700A North Cannon Blvd Kannapolis, NC 28081 | 704-933-8882 or 704-791-7936 | Second Thursday of each month @ 7:00. |
| | Hope Keepers Support Group | Mt Hermon Lutheran Church | 704-784-3324 Nancy Wilcox 704-786-2434 Margie Cline | Fourth Thursday of each month @ 1:30 pm. Persons who live with chronic illness & pain are invited to attend. |
| | Hospice Grief Support Group | Hospice Community Room 369 Concord Pkwy N Concord, NC 28025 (next to observer building) | 704-788-9434 | First Tuesday of each month @ 7:00 pm. Provides a safe place to process feelings with a caring group of people who have experienced similar loss. |

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| | NorthEast Better Breathers Support Group | Cannon Heart Center Kitchen Classroom 301 Medical Park Dr Concord, NC 28025 | 1-800-575-1275 At First | Second Thursday of each month @ 5:30 pm. This support group is for anyone with asthma, emphysema, bronchitis or any other respiratory problem. |
| | Miracle Club (Transplant) | | 704-933-1323 Julia Bunn 704-795-1038 Cathy Styles | A support group for anyone who has had a transplant or is waiting for a transplant. |
| | MOMS Club (Moms Offering Moms Support) | Epworth United Methodist Church 1030 Burrage Rd Concord, NC 28025 | 704-794-6663 | First Tuesday of each month @ 10:30 am. Support group for stay-at-home moms & their children. Provides activities & more. |
| | Mothers & More | Firestation # 7 Community Room 250 International Drive Concord, NC 28025 | 704-721-0507 Laura Burns | Second & Fourth Tuesdays of each month @ 7:30 pm. A support group for at-home moms. Provides opportunities for mothers to connect with one another through meetings. |
| | Cabarrus MS Self Help Group | Cabarrus Senior Center 331 Corban St Concord, NC 28025 | 704-786-4452 Peggy Stallings 1-800-477-2955 Chapter Office | Fourth Tuesday of every month @ 7:00 pm. A support group for people who are interested in learning more about multiple Sclerosis. |
| | PACE | | 704-782-2221 Life Pregnancy Center | Post Abortion Counseling & Education offers support for those who have emotional scars & problems dealing with having had an abortion. |
| | Parkinson's Support Group | Cabarrus Senior Center 331 Corban St Concord, NC 28025 | 704-784-8653 Gloria Thurman | Second Tuesday of each month @ 3:00 pm. This group not limited to Cabarrus County. |
| | Separation/Divorce | First Assembly Educational Center Room 304 | 704-436-9794 Sylvia Smith | Every Sunday at 9:30 am. Support for recently separated & divorced individuals during the transition time. |
| | Sexual Assault Support Group | Groups are held confidentially, call for more information. | 704-786-7918 | Ongoing support group for adult survivors of sexual assault. |
| | To Live Again (Widows or Widowers) | | 704-933-9451 or 704-788-3845 | Support group for widows or widowers. |

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| Iredell | Lake Norman Brain Injury Support Network | Lake Norman Regional Medical Center | 704-355-1502 Peggy Philbrick | Fourth Monday of each month @ 7:00 pm. |
| | Lake Norman Breast Cancer Support Group | North Cross Surgical Waiting Room Old Statesville Rd Huntersville, NC 28073 | 704-489-2711 Carol White 704-895-2999 Susan Silberman | First & third Tuesday of each month @ 7:00 pm. |
| | Mooresville Diabetic Support Group | Lake Norman Regional Medical Center | 704-660-4711 | Fourth Monday of each month. Provides support from friends & family, continuous education from speakers, sharing of helpful hints & providing information on current trends in management. |
| | Lake Norman Mothers of Multiples | Mt Zion United Methodist Church in Cornelius | 704-662-0779 | Fourth Monday of each month @ 7:00 pm. |
| | Alzheimer's Support Group | First Baptist Church Davie Ave, Statesville | 704-872-1946 | Second Tuesday of each month @ 7:00 pm. |
| | Living with Cancer | Iredell Memorial Hospital 2 West Living Room Statesville, NC | 704-878-4555 | Fourth Tuesday of each month @ 12:00 pm |
| | Diabetes Support Group of Mooresville | Lake Norman Regional Medical Center | 704-660-4711 | Group for adults with diabetes as well as for parents of children with diabetes meets monthly at noon. |
| Mecklenburg | Postpartum Depression & Anxiety | | 704-947-8115 | Thursday meetings, Fee |
| | Image Reborn | Charlotte Plastic Surgery Center | 704-372-6846 Carole Rowell | Breast Cancer Support Group |
| | Circle of Strength (Breast Cancer) | Presbyterian Hospital Matthews Chapel, 1 st floor | 704-321-7247 Harriet Buerckholtz | First & Third Tuesdays of each month from 5:45-7:15 pm |
| | Women Living with Cancer | Carolinas Medical Center Blumenthal Cancer Center Resource Room/Library Charlotte, NC 28232 | 704355-7283 Meg Turner | Every Tuesday @ 6:30 Breast Cancer Support Group |
| | Charlotte Area Brain Injury Association | Charlotte Institute of Rehabilitation - GYM | 704-355-1502 Sally Rickard | First Tuesday of each month @ 6:30 pm |
| | Inpatient/Outpatient Family Care/Brain Injury Support Group | Charlotte Institute of Rehabilitation – Inpatient Therapy Gym Room II | 704-355-1502 Peggy Philbrick | Each Tuesday at 3:30 pm. |
| | Parkinson's Support Group | Community Health Services 1401 East Seventh St Charlotte, NC | 704-375-0172 Extension 30 Debbie Huffman | First Thursday of each month @ 1:30 pm. |

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| | SPAFA Southern Piedmont Adoptive Families of America | Myers Park Methodist Church 1501 Queens Rd Charlotte, NC | 704-399-1616 or 888-266-2595 | Second Tuesday of each month @ 7:00 pm. Provides support on adoptions. |
| | Pump Patrons | Presbyterian Hospital 200 Hawthorne Ln Charlotte, NC 2 nd Floor Conference Room | 704-825-9078 | First Monday of a month that does not have a holiday. Provides support for insulin-pump wearers & their families & those considering pump therapy. |
| | South Charlotte Survivors | | 704-542-4821 | Meets every other month. Informal group for parents & children affected by type I diabetes. |
| | Diabetes Support Group of Matthews | Presbyterian Hospital Matthews | 704-384-6454 | Daytime group for adults with diabetes meets monthly to provide social & emotional support. |
| | Bosom Buddies (Breast Cancer) | Buddy Kemp Caring House 242 Colonial Ave Charlotte, NC 28207 | 704-384-5223 | Meets every Wednesday @ 10:00. Potluck lunch second Wednesday of the month. |
| | Sisters Network (Breast Cancer) | Buddy Kemp Caring House 242 Colonial Ave Charlotte, NC 28207 | 704-865-2227 Tracy Cook- Brewton | Third Thursday of each month @ 6:30 pm. For African-American breast cancer survivors. |
| | Breast & GYN Cancer Support Group | Buddy Kemp Caring House 242 Colonial Ave Charlotte, NC 28207 | 704-384-5223 | Meets every Monday @ 6:30. Group is facilitated by a licensed psychotherapist & nurse. |
| | Young Adult Cancer Support Group | Buddy Kemp Caring House 242 Colonial Ave Charlotte, NC 28207 | 704-384-5223 | Meets third Thursday of each month @ 6:00 pm. For young adults (age 20- 40 range) who have cancer or loved one with cancer. |
| Rowan | Alzheimer's Family | Rufty-Holmes Senior Center | 704-633-7862 | First Mondays of each month @ 4:00 pm |
| | Arthritis Support Group | Rufty-Holmes Senior Center | 704-637-3681 | Fourth Monday of each month at 1:30 pm |
| | Autism Society of NC local chapter | Partners in Learning Child Development Center | 704-278-1153 | First Thursday of each month @ 6:30 pm |
| | Cardiac Support Group | Rowan Regional Medical Center, second floor Kiser Medical Building | 704-210-5412 | Third Tuesdays in February, June & September @ 6:00 pm |
| | Circle of Hope | J.F. Hurley YMCA | 704-857-3003 Bill Smith or 704-630- 0319 Lori Yang | First Thursdays of each month @ 7:00 pm Parents who have lost a child. |

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| | Cocaine Anonymous | Salisbury VA Medical Center Building 4, second floor | 704-638-9000 ext 3186/3188 | |
| | Depression & Bipolar Support Alliance | Milford Hills United Methodist Church | 704-639-1383/ 704-637-5501 | Mondays @ 7:00 pm |
| | Diabetes Support Group | Milford Hills United Methodist Church Fellowship Hall | 704-638-1437 | First Tuesdays of each month @ 2:00 pm & 6:00 pm |
| | Divorce Care Support Group | First Baptist Church (old YMCA building) North Fulton Street | 704-633-0431 | Thursdays @ 6:00 pm For individuals facing anger, depressing & loneliness. Video sessions & discussion. |
| | Domestic Violence Support Group | St John's Lutheran Church Room 213 | 704-636-4718 | Tuesdays @ 4:00 pm & Thursdays @ 6:30 pm For women 18 & older who are or have been in abusive relationships. Childcare provided. |
| | Down Syndrome Support Group | Catawba College Partners in Learning Center | 704-639-0406/ 704-639-1565 | First Wednesdays of each month @ 6:30 pm. For families with children with Down Syndrome. |
| | Epilepsy Support Group | First Baptist Church, Second floor, Whitehead Room | 704-638-8664 | Second Tuesdays @ 7:00 pm. |
| | Fibromyalgia Support Group | Salisbury Civic Center | 704-638-2139 | |
| | Grandparents Connection | Cornerstone Church | 704-647-0279 | Second Monday of each month @ 7:30 pm. Support Group for grandparents who are raising grandchildren. |
| | HERO Support Group | St John's Lutheran Church Room 214 | 704-636-4718 | Support Group for children ages 5-12 who has witnessed domestic violence. |
| | Incest/Rape Survivors | St Johns Lutheran Church | 704-636-4718 | Second & Fourth Thursdays of each month at 5:30 pm |
| | John Miller Colon Cancer | St Johns Lutheran Church library | 704-637-1093 | Third Tuesdays of each month @ 7:00 pm |
| | Mentally Ill, Rowan Support Group | Rowan Health Center Community Room | 704-636-2780 | First & Third Tuesdays of each month @ 7:00 pm. Educational meetings for families of the mentally ill. |
| | Men Dealing with Anger | St Johns Lutheran Center Room 123 | 704-636-4718 | Second & Fourth Mondays of each month @ 8:00 pm. For males over age 18 struggling |

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| | | | | with anger, communication & stress in relationships. |
| | Multiple Sclerosis | Carillon Assisted Living | 704-636-615 | Third Thursday of each month @ 7:00 pm. |
| | Our Inspirations Multiple Sclerosis | First United Methodist Church, China Grove | 704-279-7129/ 704-857-9713 ext 21 | First Monday of each month @ Self-help group for those newly diagnosed or with mild symptoms. |
| | Parents Who Have Lost Children Through Death | Kannapolis First Baptist Church | 704-938-4697 tcabaniss@vnet.net | |
| | Survivors of Stroke | Laurels in Salisbury | 704-637-1182 | Second Fridays of each month @ 10:30 am. A support group for family, friends & caregivers of survivors of stroke. |
| | Seizure Support Group | First Baptist Church | 704-857-2788 Alice Deal after 1 1-800-642-0500 Pat Gibson | Second Thursday of each month @ 7:00 pm. |
| | US TOO! Prostate Support Group | Rowan Regional Medical Center, Kiser Medical Building, Second Floor | 704-639-0942 | Third Thursdays of each month @ 6:00 pm. |
| Stanly | Brain Injury & Spinal Cord Injury Group | Meeting dates & times vary | 704-888-4690 Christy Baker | |
| | Breastfeeding Support Group | Albemarle Pediatrics Second Street Medical Offices Suite 201 929 North Second St Albemarle, NC 28001 | 704-982-5437 | A support group for expectant mothers as well as breastfeeding mothers. |
| | Metrolina Laryngectomee Support Group | Stanly Memorial Hospital Private Dining Room | 704-474-7626 Wade Hampton | Third Sunday of each month. |
| | SPOTT (Parents of Twins & Triplets) | Locust Presbyterian Church Hwy 24/27 in Locust | 704-888-8413 Kendra Tucker 704-436-9775 Amy Ellis | Second Tuesday of each month @ 7:00 pm. Built in support network. Lending library available for members. |
| | Parents with a Lost Child | Hospice Office | | Second Tuesday of each month at @ 6:00 pm. Support group of parents who have had a child pass away. |
| | Parenting | | 704-986-2092 Kathy Yow 704-463-1897 Barbara Ledbetter | Support group for grandparents, aunts, uncles, etc raising grandchildren, nieces, nephews, etc. |

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| | Moms Club | | 704-474-7185 | Support group for stay at home moms, meets monthly (usually Thursdays) & offers activities, play groups, & projects. |
| | Gastric Bypass | Solid Rock Baptist Church Montgomery Ave Albemarle, NC | | Support group for preoperative & postoperative patients meets 2:00 pm on the fourth Sunday of each month. |
| | Alzheimer's Family | Stanly County Senior Center 283 N Third St Albemarle, NC 28001 | 704-986-3769 Mary Troutman | Third Tuesday of each month at 12:00 pm. Open to any family member of an Alzheimer's patient. |