

# Caregiver Support Groups

Meeting with other caregivers to share experiences, learn new skills, and get answers to questions about dementia and other long-term disabilities.

CHAPEL HILL	HILLSBOROUGH	VIRTUAL
<b>Seymour Center</b> 2551 Homestead Rd. Chapel Hill NC 2nd and 4th Fridays* of each month 10:30 – 11:30am	<b>Passmore Center</b> 103 Meadowlands Dr Hillsborough NC Every 2nd Thursday of each month 1 – 2pm	<b>via Zoom</b> 1st and 3rd Wednesdays of each month 12:30 – 1:30pm <i>(We will be switching to an evening time starting in June from 6:30 – 7:30 pm.)</i>
January 10 and 24	January 9	January 7 and 21
February 14 and 28	February 13	February 4 and 18
March 14 and 28	March 13	March 5 and 19
April 11 and 25	April 10	April 2 and 16
May 9 and 23	May 8	May 7 and 21
June 13 and 27	June 12	June 4 and 18
July 11 and 25	July 10	July 2 and 16
August 8 and 22	August 14	August 6 and 20
September 12 and 26	September 11	September 3 and 17
October 10 and 24	October 9	October 1 and 15
November 7 and 21	November 13	November 5 and 19
*December 5 and 19 <i>(Switched to 1st and 3rd Fridays due to holidays)</i>	December 11	December 3 and 17



Contact the Aging Helpline at 919-968-2087 or [AgingTransitions@orangecountync.gov](mailto:AgingTransitions@orangecountync.gov) for more information or to register