



Carolinas Support Groups

We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active.

Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.

[North Carolina](#)

[South Carolina](#)

If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing carolinas@parkinson.org.

September 2024

NORTH CAROLINA

Throughout the Carolinas

Swallow Support Group of the Carolinas

Support group for people with Parkinson's and care partners.

Location: NC – *Meeting online*

For more information, contact Michelle Hill or Nancy Vallejo Smith at SSGCarolinas@gmail.com.
Link to website [here](#).

Alamance County, NC

Alamance County Parkinson's Support Group

Location: Alamance County, NC – *Meeting in-person*

For more information, contact Cherese Wolfe, MSW, LCSW at 336-538-1501 or cwolfe@twinlakescomm.org or Jennifer Rhodes, MSW, LCSW at 336-538-1574 or jrhodes@twinlakescomm.org

Asheville, NC

Parkinson's Support Group of Asheville

Large group meeting on the 1st Tuesday of most months, various social events, and small sized support groups for support partners at various locations.

Location: Asheville, NC 28805 – *Meeting in-person*

Fee: Yes

For more information, contact 828-579-7897 or by email at parkinsonsavl@gmail.com.
Link to website [here](#).

Barco, NC

Parkinson's Support Group-Currituck County

A support group for those with Parkinson's and their caregivers lead by a physical therapist with a specialty in Parkinson's.

Location: Barco, NC

For more information, contact Jennifer Parker at 252-220-2929 or by email at nextstepinhometherapy@gmail.com

Brevard, NC

Brevard Hendersonville Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Brevard, NC

For more information, contact Linda Eden at 828-862-8820 or by email at edenlinda1958@gmail.com.

Burlington, NC

YMCA Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Burlington, NC-meeting in person

For more information, contact Traci Shed or Peyton James at (336)395-9622 or by email at pjames@acymca.org

Chapel Hill, NC

Chapel Hill Support Group

Support group for people with Parkinson's and care partners.

Location: Chapel Hill, NC 27514 – Meeting online and in-person

For more information, contact Maggie Ivancic at (919) 843-2777 or email mivancic@neurology.unc.edu.

Charlotte, NC

Parkinson's Disease Support Group

*Led by The Atrium Neurosciences Institute, a support group for people with Parkinson's, care partners, family, and friends. *(handicap accessible, plenty of parking directly in front of building, no stairs)*

Location: Charlotte, NC 28204 – Meeting in-person

For more information, contact Katherine Sherry, LCSW at (704) 446-0837 or email Katherine.Sherry@Atriumhealth.org.

Cornelius, NC

Lake Norman Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Cornelius, NC 28031 – Meeting in-person and online

For more information, contact Paula Freivogel at 704-200-7442 or at pfreivogel@yahoo.com

Durham, NC

*This listing is provided for informational purposes only.
Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

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Durham PD Support Group

Support group for people with Parkinson's and care partners.

Location: Durham, NC – Meeting online

For more information, contact Allison Allen at 919-681-2656 or allison.m.allen@duke.edu or Anne Kosem at 919-681-2656 or anne.kosem@duke.edu.

Eden, NC

Parkinson's Resource Group of UNC Health Rockingham

Support group that shares experience, education and wellness information.

Location: Eden, NC – Meeting In-Person

For more information, contact Sarah Moser at 336-627-6199 or sarah.moser@unchealth.unc.edu

Hickory, NC

Catawba Valley Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Hickory, NC – Meeting in-person

For more information, contact Carrie Craymer at (828) 310-3313 or cvpark.group@gmail.com.

Jacksonville, NC

Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Jacksonville, NC – Meeting in-person

For more information, contact Lisa Mobley at 910-989-3017 or lisa_railing-mobley@onslowcountync.gov.

Link to website [here](#).

Kill Devil Hills, NC

Parkinson's Disease Support Group

Support group for people with Parkinson's and care partners.

Location: Kill Devil Hills, NC – Meeting in-person

For more information, contact Jennifer Parker, PT or Lisa Minerich, OT at 252-220-2929 or 301-785-0556 or nextstepinhometherapy@gmail.com.

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Kinston, NC

Kinston Support Group – Team Henry

Support group for people with Parkinson's and care partners.

Location: Kinston (Lenoir County), NC – *Meeting in-person*

For more information, contact Judy Heath at 252-559-3489 or Sandra Sutton at 252-559-9212.

Lexington, NC

The Life Center of Davidson County PD Support Group

Support group for people with Parkinson's and care partners.

Location: Lexington, NC (Davidson County) – *Meeting in-person*

For more information, contact Nina Smith at 336-249-2155 or nsmith@lifecenterdavidson.com.

Link to website [here](#).

Mebane, NC

YMCA Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Burlington, NC- *meeting in person*

For more information, contact Traci Shed or Peyton James at (336)395-9622 or by email at pjames@acymca.org

Monroe, NC

Monroe NC Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Monroe, NC – *Meeting in-person*

For more information, contact Cindy Leckey at 704-291-0007 or dobee5555@windstream.net or Sheila Mobley at 704-226-5420 or sheila.mobley913@gmail.com.

New Bern, NC

New Bern Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: New Bern, NC 28562 – *Meeting in-person*

For more information, contact John J. Radtke at 252-675-8689 or Diane Russell at 252-635-8680 or by email at johnradtke039@gmail.com or Russelldiane12603@gmail.com.

Pittsboro, NC

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Beltie Mooovers

Support group for people with Parkinson's and care partners.

Location: Pittsboro, NC – *Meeting in-person and online*

For more information, contact Doug Zabor at 919-475-5128 or jdzabor@gmail.com or Jen Buckmire at Jenbuckmire@gmail.com

Pittsboro Council on Aging Support Group

Support group for people with Parkinson's and care partners.

Location: Pittsboro, NC – *Meeting in-person and online*

For more information, contact Paul Tierney at 919-244-7755 or parkinsons27312@mindspring.com.
Link to website [here](#).

Raleigh, NC

Parkinson's Dialog Group

Support group for people with Parkinson's and care partners.

Location: Raleigh, NC – *Meeting in-person*

For more information, contact Autumn Thatcher at 984-232-4215 or autumnt@rfsnc.org.

UNC Rex PD Support Group of Raleigh

Support group for people with Parkinson's and care partners.

Location: Raleigh, NC – *Meeting online*

For more information, contact Jennifer Buckmire at 919-357-2463 or jennifer.buckmire@unchealth.unc.edu or Deborah Hillson at 919-784-4677 or deborah.hillson@unchealth.unc.edu.

Springmoor Parkinson's Support Group

Support group for people with Parkinson's and care partners at Springmoor Retirement Community.

Location: Raleigh, NC – *Meeting in-person*

For more information, contact Logan Snavely, OTR or Shelby Payne, SLP at 919-848-7425 or lsnavely@legacyinc.com, spayne@legacyinc.com.

Salisbury, NC

Parkinson's Advocacy Rowan City (updated January 2024)

Support group for people with Parkinson's and care partners.

Location: Salisbury, NC 28144– *Meeting in-person*

For more information, contact Karen Webb at 704-223-2316 or merlegirl03@windstream.net.

Triangle, NC

Triangle YOPD Connections

Support group for people with young onset Parkinson's disease and care partners.

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Call our Helpline for more info: 1-800-4PD-INFO (473-4636).*

Location: Triangle, NC – *Meeting online*

For more information, contact Allison Allen, LCSW at 919-681-2656 or allison.m.allen@duke.edu or Anne Kosem at 919-681-2656 or anne.kosem@duke.edu.

Link to website [here](#).

Young Onset Parkies – Support Group (YOPD) of Research Triangle Park Area

Support group for people with Young Onset Parkinson's and care partners.

Location: Cary, Raleigh, and Durham, NC – *Meeting online*

For more information, contact Jill Hammergren at 919-805-1061 or jill@themediapro.biz, Dave Malarkey at 919-624-6407 or sparkmalark@earthlink.net, or John Adams at 919-291-0637 or johnsilorockfarm@gmail.com.

Link to website [here](#).

Wake Forest, NC

Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Wake Forest, NC – *Meeting in-person*

For more information, contact Autumn Thatcher at 984-232-4215 or autumnt@rfsnc.org.

Wilmington, NC

Parkinson's Support Group Wilmington

Support group for people with Parkinson's and care partners.

Location: Wilmington, NC 28405 – *Meeting in-person*

For more information, contact Any Lindberg at 910-787-1958 or email amyindberg123@gmail.com.

Link to website [here](#).

Winston Salem, NC

Homestead Hills-Parkinson's Support Group [Updated May 2023]

Member led supported by Wellness Director. Topic discussion, resources, and guest speakers.

Location: Winston Salem, NC 27103 – *Meeting in-person*

Fee: No

For more information, contact Christy Weaver at 336.354.0817 or cweaver@homestead-hills.com.

Link to website [here](#).

SOUTH CAROLINA

Beaufort, Port Royal, Habersham, SC

Beaufort, Port Royal, Habersham Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Beaufort, Port Royal, Habersham, NC – *Meeting online*

For more information, contact Rick Ostrander at 214-208-7973 or PD-Help.com or Scott Rider at 614-561-3113 or scottprider@gmail.com.

Charleston, SC

Greater Charleston Parkinson Disease Support Group

Support group for people with Parkinson's and care partners

Location: Charleston, SC – *Meeting in-person and online*

For more information, contact Jay Phillips at 843-482-0254 or jayphillips@homesc.com or Marilyn Phillips at 843-312-4331 or marilynphillips141@icloud.com.

Greater Charleston Care Partners (Only) Support Groups

Support group for care partners only

Locations: Mt. Pleasant, Summerville and West Ashley, SC – *Meeting in-person*

For more information, contact Marilyn Phillips at 843-312-4331 or marilynphillips141@icloud.com or Josey Templeton at 843-810-2502 or templetonj2@citadel.edu.

Columbia, SC

Columbia Parkinson's Support Group

Support group for people with Parkinson's and care partners

Location: West Columbia, SC – *Meeting In person*

For more information, contact Karen Basso at 803-335-4247 or contact@columbiaparkinsonsupportgroup.org.

Link to website [here](#).

Greenville, SC, and Various Locations in South Carolina

Parkinson's Disease Support Group

Support group for people with Parkinson's and care partners.

Location: Various locations- *Meeting online and In-person*

For more information, contact 864-477-0290 or info@gapsonline.org.

Link to website [here](#).

Greenwood, SC

Greenville Area Parkinson Society (GAPS)

Support group for people with Parkinson's and care partners.

Location: Greenwood, SC

For more information, contact Jean Osborne at 864-227-7435 or osbornes@mywesleycommons.org

Link to website [here](#).

Hilton Head, SC

Let it Rip

Support group for people with Parkinson's and care partners.

Location: Hilton Head/Bluffton area, SC – *Meeting in-person*

For more information, contact Virginia Bain at 770-689-8665

Landrum, SC

Foothill Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Landrum, SC – *Meeting in-person*

For more information, contact Richard & Dorothy Kennedy at 864-404-8001 or

richardkennedy@hotmail.com.

Mt. Pleasant, SC

The Palms of Mt. Pleasant Parkinson's Support Group

Support group for people with Parkinson's and care partners.

Location: Mt. Pleasant, SC – *Meeting in-person*

For more information, contact Rhonda Hammers at 843-884-6949 or rhammers@5ssl.com or Mary

Rohaley at 843-990-4375 or mrohaley@housecalls-md.com.

Simpsonville, SC

Me and My Parkinson's (updated January 2024)

Support group for people with Parkinson's and care partners.

Location: Simpsonville, SC 29681 – *Meeting in-person*

For more information, contact Steve Henry at 703-868-8575 or email stevekhenry@gmail.com.

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Spartanburg, SC

Parkinson's Disease Support Group

Support group for people with Parkinson's and care partners.

Location: Spartanburg- *Meeting In-person*

For more information, contact anico1231@gmail.com

Link to website [here](#).

Summerville, SC

Summerville Parkinson Disease Support Group

Support group for people with Parkinson's and care partners.

Location: Summerville, SC – *Meeting in-person*

For more information, contact Jay Phillips at 843-482-0254 or jayphillips@homesc.com or Marilyn Phillips at 843-312-4331 or marilynphillips@homesc.com.