



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.

January 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 Porscha Harvey, MSW, LCSW at 336-538-1574 or pharvey@twinlakescomm.org

Talking Parkinson's

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

Location: Alamance County, NC – Meeting online

For more information, contact Maryanne Shanahan at 207-837-2827 or mshanahan44@gmail.com or Bill Amidon at amidon.william@gmail.com.

Asheville, NC

Parkinson's Support Group of Asheville [Updated May 2023]

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](#).

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.

Chapel Hill, NC

Chapel Hill Support Group

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

Location: Chapel Hill, NC 28805 – *Meeting online*

For more information, contact Maggie Ivancic at (919)-843-1657 or email mivancic@neurology.unc.edu.

Link to website [here](#).

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 Ben Klein at 704-609-2130 or beklein@davidson.edu or Carolyn Noell at 704-773-4929 or tomnoell@gmail.com. Care partners should contact Cindy Parnell at 727-420-0337 or cindy.parnell2015@gmail.com.

Durham, NC

Durham PD Support Group

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

Location: Durham, NC – *Meeting in-person and 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.

Hickory, NC

Catawba Valley Parkinson's Support Group

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

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

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

January 2024

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](#).

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](#).

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 252-635-8689 or Diane Russell at 252-635-8680 or by email at johnradtke039@gmail.com or Russelldiane12603@gmail.com.

Pittsboro, NC

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 Jan Cope-Kasten at 920-573-2910 or jcopekasten@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.

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.

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](#).

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

January 2024

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](#).

Wilmington, NC

Parkinson's Support Group Wilmington (Updated January 2024)

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 PDALLY333@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](#).

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.

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 843-525-1229 or PDAWARESC@gmail.com or Scott Rider at 614-561-3113 or scottprider@gmail.com.

Charleston, SC

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

January 2024

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 marilynphillips@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 marilynphillips@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 online

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

Greenville Area Parkinson Society (GAPS)

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

Location: Various locations

For more information, contact 864-905-2574 or info@gapsonline.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 Julia Gee at 336-414-4174 or julia.gee2014@icloud.com or Barbara McTernan at 603-315-3487 or themcternans@gmail.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 .

Mt. Pleasant, SC

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

January 2024

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.

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.