

Support Groups in Brunswick County, NC

Take a moment to look through the list of support groups to find what best suits your needs. Should you not find what you are looking for, please do not hesitate to reach out to us at general@bsrinc.org or give us a call at (910) 754-2300. Additionally, if you are aware of other Support Groups in our area that are not listed below, please send all info and meeting details to general@bsrinc.org.

General - All Caregivers Welcome

The Brunswick Center at Calabash: Family Caregiver Support Program

4th Wednesday of each month

1:30pm - 3:00pm

Contact: Vikki Hine

[✉vhine@bsrinc.org](mailto:vhine@bsrinc.org)

[☎](tel:(910)754-2300)(910) 754-2300 ext. 1

The Brunswick Center at Leland: Family Caregiver Support Program

4th Thursday of each month

10:00am - 11:30am

Contact: Sandy Porcaro

[✉sporcaro@bsrinc.org](mailto:sporcaro@bsrinc.org)

[☎](tel:(910)754-2300)(910) 754-2300 ext. 1

The Brunswick Center at Shallotte: Family Caregiver Support Program

2nd Tuesday of each month

10:00am - 11:30am

Contact: Laura Collins

[✉lcollins@bsrinc.org](mailto:lcollins@bsrinc.org)

[☎](tel:(910)754-2300)(910) 754-2300 ext. 1

The Brunswick Center at Southport: Family Caregiver Support Program

4th Wednesday of each month

10:00am - 11:30am

Contact: Tikila Morgan

[✉tmorgan@bsrinc.org](mailto:tmorgan@bsrinc.org)

[☎](tel:(910)754-2300)(910) 754-2300 ext. 1

The Brunswick Center at Supply: Family Caregiver Support Program

2nd Thursday of each month

10:00am - 11:00am

Contact: Kenneth Chisholm

[✉ kchisholm@bsrinc.org](mailto:kchisholm@bsrinc.org)

☎ (910) 754-2300 ext. 1

Dementia

Memory Cafe at St. Lutheran Church in Southport, NC

1st Wednesday of each month

1:00pm - 3:00pm

Free socializing event for Caregivers caring for a loved one with memory loss

☎ (910) 457-6039 for registration & questions

Together in Harmony: Music for Dementia Care (at the Leland Library)

Wednesdays in 2026: January 28, February 25, March 25

2:00pm - 3:00pm

Free for all participants. *Space Limited (30 max) - Registration required.*

[✉ contact@harmonyindementia.com](mailto:contact@harmonyindementia.com)

☎ (908) 910-5939

LifeCare Memory Care

<https://lifecarememorypartners.org/calendar/>

[✉ memorypartners@lifecare.org](mailto:memorypartners@lifecare.org)

Brunswick Forest Dementia Care Support Group

1st Tuesday

10:00am - 11:30am

A support group for caregivers taking care of loved ones with Dementia and physical disabilities.

Contact: Billie Delano

[✉ billied.nc.@gmail.com](mailto:billied.nc.@gmail.com)

Dementia Caregivers Support Group at Seaside United Methodist Church

2nd Tuesday

1:00pm - 2:30pm

A support group for those caring for others living with Dementia.

Contact: Judy Rocklage

[✉ jarocklage@gmail.com](mailto:jarocklage@gmail.com)

☎ (910) 579-5753

Parkinson's

Seaside United Methodist Church, Sunset Beach

4th Wednesday, 10:00am-11:30am

A support group that welcomes all who have been affected by Parkinson's in some way. The group will focus on movement, music, & will welcome guest speakers & the opportunity to share time with each other in support.

Contact: Susan Freeman

✉ susan@my1010.org

Sacred Heart Catholic Church, Southport

2nd Wednesday, 10:00am

Contact: Ted Stephens

✉ ted.stephens701@gmail.com

Stroke

The Brunswick Center at Southport

3rd Monday, 1:00pm

Contact: Kevin Whiteheart & Marcy Merkle

✉ Kevin: kevin.whiteheart@gmail.com Marcy: mmerk394@outlook.com

☎ (910) 754-7109 (The Brunswick Center at Southport)

Grief

**If you are in danger of hurting yourself or someone else, please call 9-1-1.*

**The Suicide & Crisis LifeLine is also available to you 24/7. You may call or text 988 OR 1-800-273-8255.*

GriefShare at Seaside United Methodist Church

*13-week cycle offered 3x per year (*Can join group at any time*)*

Contact: Mike Waggoner

✉ mwaggonergolf@gmail.com

☎ (704) 860-0974

Lower CapeFear Lifecare

<https://lifecare.org/grief-groups-workshops/>

☎ 910-796-7900

Recovery

Celebrate Recovery

www.celebraterecovery.com

- **Beach Assembly of God (Ocean Isle Beach)**

Mondays at 7:00pm

Contact: Renee Cooper

[✉ renee.cooper087@gmail.com](mailto:renee.cooper087@gmail.com)

[☎ \(910\) 721-0544](tel:(910)721-0544)

- **Generations Church (Southport)**

Fridays at 6:00pm

Contact: Leanne Vinal

[✉ leanne@generationschurch.com](mailto:leanne@generationschurch.com)

[☎ \(910\) 454-9302](tel:(910)454-9302)

Alcoholics Anonymous

www.AA.org

Narcotics Anonymous

www.NA.org