VIRTUAL SUPPORT GROUP MEETINGS

Questions? Contact our Helpline at **800.272.3900** or infoNC@alz.org.

Build a virtual support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to exchange practical information on caregiving challenges, possible solutions and learn about community resources, talk through issues and ways of coping and share feelings, needs, ideas and concerns. An online community is also available at alzconnected.org.

The local online meetings below are free, confidential and open to anyone caring for a person with Alzheimer's disease or related dementia. ***Registration is required to receive access info each month.***

Next Meeting	Recurring Meeting Time	Group Name	Registration Info
Nov. 2, 2026	1st Monday 6:30 - 8:00 PM	**Caregiver Support Group**	Click here to register
Nov. 4, 2026	1st Wednesday 6:00 - 7:00 PM	**Magnolia Assisted Living & Memory Care Support Group**	Click here to register
Nov. 6, 2026	1st Friday 10:00 - 11:30 AM	**Men's Support Group**	Click here to register
Nov. 11, 2026	2nd Wednesday 5:15 - 7:00 PM	**African American Spouse / Partner and/or Caregiver Support Group**	Click here to register
Nov. 18, 2026	3rd Wednesday 6:30 - 7:30 PM	**Caregiver Support Group**	Click here to register
Nov. 28, 2026	4th Saturday 10:00 - 11:15 AM	**Caregiver Support Group**	Click here to register