

LCG Enrichment Center Support Groups



Alzheimer's/Dementia Caregiver Support Group –

1st & 3rd Thursday of every month at 1:00 p.m.

This group offers support, advice & understanding to caregivers, family and friends of those living with Dementia. Come familiarize yourself with this overwhelming disease and learn about community resources to help yourself and others deal with the present and plan for the future.

Amputee Support Group (The 5 Toe Club) –

1st Monday of every month at 10:00 a.m.

This group was created for people who have lost a limb or other part of their person. This group meets to discuss challenges, resources and to help each other cope.

The Caring Connection Support Group –

1st Monday of every month at 10:00 a.m.

A cancer support group that provides a time for patient & family members to discuss feelings & concerns.

Diabetes Support Group –

1st Wednesday of every month at 10:00 a.m.

Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as, the caregivers and loved ones of diabetics.

Grandparents Raising Grandchildren Support Group –

4th Thursday of every month at 10:00 a.m.

Are you a grandparent raising grandchildren/parenting the second time around? Come learn about community resources, network with other grandparents and have guest speakers answer your questions.

Grief Support Group –

2nd Thursday of every month 1:00 p.m. – 2:30 p.m.

Losing someone hurts. Coping with a loss of any kind can be emotionally draining, mentally taxing and physically exhausting. Need to talk to someone who understands? Our grief support group provides an opportunity for those persons grieving to come together for support and assistance with the grieving process with a trained professional.

Low Vision Support Group –

2nd Tuesday of every month at 1:00 p.m.

This group was created for people with vision impairments and their loved ones to discuss ways to cope with low vision and discover resources to help individuals live productive lives.

Parkinson's Disease Support Group –

3rd Wednesday of every month at 10:30 a.m.

Support, problem solving and education for persons with Parkinson's, their family members, caregivers, friends or anyone wanting to learn more about this disease.

Sanford/Lee County Stroke Support Group –

2nd Thursday of every month at 1:00 p.m.

Provides educational materials, speakers and support for those who have had a stroke, their families and caregivers.

Sanford MS Self-Help Group –

2nd Monday of every month at 6:30 p.m.

Self-help group for people living with multiple sclerosis & their families in the Sanford area.



***Meetings are open to all adults and held at:
LCG Enrichment Center
N.C. Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330
(919) 776-0501 Ext. 2201***