

# Person Living with Memory Changes Support Group



This group is open to persons who are living with memory changes residing in North Carolina or affiliated with Duke Health.

Support groups can provide participants with the empowering reminder that they are not alone in their journey. This is especially true when folks are experiencing changes in memory and thinking. The goal of this group is to facilitate connection, offer education, foster community, and further develop coping skills.

Participants are welcome to join by video on Zoom or call in by phone.

Pre-registration is required for first time attendees. To learn more about the group or to be added to the email list, please contact Janeli McNeal.



## Details for 2026

Meets the 3rd Monday of each month at 11 A.M.  
(\* denotes a change in the schedule).



Jan.12*	Feb.16
Mar. 16	Apr. 20
May 18	Jun. 15
<b>No July Group</b>	
Aug.17	Sep. 21
Oct. 19	Nov. 16
Dec. 14*	



## Contact

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