

**Virtual Brain Injury Resources and Support for Those Who Care for Someone with Brain Injury
Caregivers, Spouses, Families and Friends**

- Do you have a loved one or do you care for someone who has suffered a brain injury or concussion?
- Does your loved one, friend or family member have ongoing physical, behavioral or emotional effects?
- Are you struggling to find resources and support in your community and for yourself?
- Do you feel alone, helpless or frustrated from being told you are “making excuses” for their behavior?

We, at **Triumph Services**, Understand!
Loved Ones of Brain Injury Survivors (LOBIS) Support Group

Has your life been turned upside down?
Are you struggling with the “New Normal”?
Finally, a group for us by us! Parents/Spouses/Family members are welcome
Join our virtual Group the 1st Saturday of each month at 11:00 am – 12:30 pm
Resources, Referrals, Respite and Support

Contact Renee Johnson (980-263-9670) or email triumphservices365@gmail.com with questions.



www.triumphservices365.org

The **Brain Injury Association of North Carolina** (BIANC) has a mission to offer Help, Hope and a Voice to those with brain injury and their families.

Caring for the Carer Support Meetings
Civilian and Military Family members, Friends, and Professional Caregivers welcome

Join our virtual meetings. on the 3rd Tuesday of month
11:00 – 12:30 pm Or 6:00 – 7:30 pm
Contact Susan Fewell (919 618 3003) or email susan.fewell@bianc.net for receive Zoom link.
Barbara Tibbs will facilitate 6:00 pm meeting. Call her at 252-847-2816 or email: b_tibbs@outlook.com

Two opportunities to sign in.
Each meeting will offer opportunity to share personal issues, a Family Care Share and a 15 minute Educational Speaker on a topic of interest.



www.bianc.net

Resources for Military or Veteran families

- Fort Bragg TBI Caregiver/Spouse Support Thursdays (10:30 – 11:30 am). Ms. Tammie Thompson, MSW, LCSW 910 907 7768 tammie.t.thompson2.civ@mail.mil
- Neuro Community Care (www.neurocc.com) Leslie Johnson ljohnson@neurocc.com
- Intrepid Spirit Recovery Center at Fort Bragg Contact: wesley.r.cole.civ@mail.mil
- Traumatic Brain Injury Center of Excellence (TBICoE): deborah.a.waun.ctr@mail.mil (Camp Lejeune)
- <https://warriorcare.dodlive.mil/>
DoD Military Caregiver Peer Forum Initiative
- <https://www.caregiver.va.gov/>
- [Brainline Military \(https://www.brainline.org/military-veterans\)](https://www.brainline.org/military-veterans)
- Wounded Warrior Project 888-997-2586 (<https://www.woundedwarriorproject.org/>)

Helpful Resource Links

- Brain Injury Association of NC (BIANC) (www.bianc.net)
- BIANC Resource Book: www.bianc.net/resources/resource-guide/
- BIANC Learning Center: www.bianc.net/learning-center/
- Family Caregiver Alliance (<https://www.caregiver.org/>)
- Brain Injury Association of America www.biausa.org
- 5 @ 5 Caregiver Tips BIANC Facebook Live (every other Friday at 5:00 pm (recorded))
- Rosalynn Carter Institute of Caregivers at www.rosalynncarter.org
- Brainline (<https://www.brainline.org/people-with-tbi>)
- First in Families (<http://fifnc.org>)
- Elizabeth Dole Foundation (<https://www.elizabethdolefoundation.org/>)
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