



919.833.9634

Help, Hope, and a Voice

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BRAIN INJURY SUPPORT GROUPS

Brain Injury support can be helpful after Concussion, Stroke, Aneurism, Car crash, Fall, Blast injury, TBI, tumor or other Acquired Brain injury. Brain injury support groups are important sources of support for persons living with brain injury, families, professionals. Contact sfewell@bianc.net for assistance.

Weekly Statewide Online Brain Injury Charter Support Group : Meets on Zoom- Thursday at 3:00 p.m. Co-leaders Kathryn Bumgarner (KBumgarner@gatewayclubhouse.org or call 919-218-6645) and Betty Lilyquist (sunzon@nc.rr.com). Email leader(s) for link. BIANC liaison: Susan Fewell (sfewell@bianc.net) (919) 618-3003, Targeted members: Persons living with brain injury, Families, Carers, and Professionals.

Weekly Statewide Next Chapter Charter Group: The Journey Back to School, Home and Work

Meets on Zoom each Sunday at 12:30 noon. Email Co-Hosts: sfewell@bianc.net for link or call 919 618 3003 or Paul Davis (paulyaya@bendbroadband.com) or **text** Paul at (541) 598-4318
Targeted members: Adults with Brain Injury returning to work, school, or home after brain injury.

Monthly Statewide Virtual BI Charter Group: Caring for the Carer (For Caregivers/family)

Meets the 3rd Tuesday of each month. Sign in at 11:00am-12:00 pm
Contact for link to meeting(s). Dr. Patricia Kay Reyna EdD at preyna01@my.gcu.edu (336-212-1878)
BIANC liaison: Susan Fewell (sfewell@bianc.net) or call 919-618 3003

Weekly Statewide Virtual “Creative Conversations in the Moment”

Meeting every Monday from 6:30 – 8:00 pm. Email kbarringer@bianc.net or Dave Cecil davedcecil@gmail.com for live link . This is a Peer-support group for adults with brain injuries, strokes, blast injuries or more. Discussion is based on reading books or written material and sharing.

***New Weekly Virtual Spanish Speaking Statewide Brain Injury Group**: Meets weekly Monday at 4:00 pm for Survivors and families in NC, and VA. Co-leaders, from NC /VA, will lead group. Contact NC: desiree.gorbea-finalet@disabilityrightsncc.org Phone: 743-895-0032. Contact For Virginia: Onnr Grogan at email: onnr@vt.edu

***New Bi-monthly Statewide Virtual Justice Involved Experience Support Group**: Starts: Tuesday Feb. 7. 1st Tuesday each month from 2:00 - 3:15 PM/3rd Saturday each month from 12:15 - 1:30 PM.
Host: Desiree Gorbea-Finalet Email desiree.gorbea-finalet@disabilityrightsncc.org, Phone: 743-895-0032. BIANC liaison: Susan Fewell (sfewell@bianc.net)

Target: Whether divorce, child custody, eviction, as a victim, parole - this group has topics related to any justice or legal system experience of injured, care partners, or families. * Group does not provide legal advice. Offers support, education, reminders of resilience, discussion, and interactive speakers.

Why attend a brain injury support meeting?

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| <ul style="list-style-type: none">• Find others who are facing similar challenges• Emotional healing through interpersonal contact, and to know you are not alone• Learn about resources that helped others• You may learn a lot from others on similar journey | <ul style="list-style-type: none">• Self-awareness through opportunities to talk about your injury and feelings• Education through speakers and exchange of personal experiences• Help others on their journey with your support |
|--|--|



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Note: Support groups may not be meeting in person due to Covid-19. Please contact the leader to see if the group is meeting virtually or has changed location. Be sure to ask for a link to join a virtual meeting or to be added to email list for that group. You may want to visit several groups.

EASTERN NC

Coastal Brain Injury Support Group

1st Saturday of each month, 10:00 a.m. – 12:00 p.m.
The HomePlace, 1309 McCarthy Blvd., New Bern, NC 28562
* **Call leader to see if meeting in person**

Amy Davis: Phone (252) 670 – 6625

Onslow County area/Camp Lejeune Brain Injury/Neuro Group

Brain Injury Education group for everyone! Civilian/Military/Families
1st Tuesday of each month: 6:00 pm – 7:30 pm
Swansboro First Baptist Church, in the Fellowship Hall (only two story building). Call to see if meeting in person or email for Zoom link. **(Plans: Meet In-Person March 7)**

Susan Fewell: (919) 618 – 3003
sfewell@bianc.net

Pitt County: Greenville, NC area Brain Injury Group

4th Wednesday of each month at 6:00 pm
***Check to see if Group meeting virtually due to Covid.**
Contact Group leader(s) for link to meeting.

Lindsay Sparrow: *lasparrow22@gmail.com*
Alex Kinney, LRT/CTRS, CBIS
akinney@ecuhealth.org
BIANC liaison: **Susan Fewell (919) 618 3003**

Pitt County: Greenville, NC area Stroke Support Group

2nd Thursday each month: 6:00pm
***Contact leader for link to Virtual meeting**

Michele Horvath (252) 847-0571
Michele.horvath@vidanthealth.com

Rocky Mount, NC: Emily Ellis Brain Injury and Stroke Support Group

Monthly on 4th Tuesday at 2:30 pm
Bryant T. Aldridge Rehab Center (Bridge Gym Area), 2400 Medpark Drive, Rocky Mount, NC 27804
* **Contact leader with questions**

Tabitha Jackson: (252) 962 – 3711
tnjackson@nhcs.org

Wayne County Brain Injury Support Group

2nd Saturday of each month, 10:00 – 11:30 am
Peggy Seegars Senior Center
2001 E. Ash Street, Goldsboro, NC 27533
***Contact leader to get specific information and to get meeting reminders**

Pier Protz, CBIS: (919) 394 – 1091
piertarrant@renulife.org
Martha Brown, CBIS: (252) 481 – 5679

Wilmington Brain Injury Support Group

2nd Monday of each month, 6:00 – 7:00 pm
New Hanover Rehabilitation Hospital , (1st floor lobby)
2131 South 17th Street, Wilmington, NC 28401
****Meeting virtually and in person. Contact Group leader for link to meeting**

Morgan Lankford: (910) 667-7062
juxonmorgan@gmail.com
Kelsey Lucas: (803) 348-2631
Kelsey.lucas@nhrmc.org

Other possible resources for Stroke:

<https://www.nhrmc.org/events/intranet/support-groups-and-classes/stroke-support-group>



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WESTERN NC

Ashe County (Jefferson, NC)

Wylene Taylor 336-246-4542
wtaylor@daymarkrecovery.org

***Jefferson Group currently not meeting** – Contact Wylene Taylor for regional resources/information.

Banner Elk/Boone Area Support Group

Geana Welter

Meets 1st Tuesday of each month at 7-8 p.m.

mygroupmeeting@gmail.com

Meetings will continue virtually until otherwise specified. To get more information and a meeting link,

Email Geana Welter or Support Group Advisor: Debbie Absher - mygroupmeeting@gmail.com

BIANC Staff: Kitty Barringer (kitty.barringer@bianc.net) & Sandy Pendergraft

(sandy.pendergraft@bianc.net)

Hickory Brain Injury Support Group

Travis Glass: (828) 781-0778

4th Tuesday each month, 6:00 – 7:30 pm

travis@crossroadscounseling.org

***Check Support group Facebook page (Hickory Brain Injury Support Group) and see what they are doing.**

<https://www.facebook.com/HickoryBISG> for details of meeting and plans

****Contact Group leader or look at Facebook page to see if meeting in person or virtual meeting.**

Western NC Brain Injury Support Network

Karen Keating: (828) 337-0208

Meets: 1st and 3rd Wednesdays – 4:00-5:00 pm

kkeating828@gmail.com

***Meeting virtually one meeting and In-person for the other: Contact Group leader for link/location.**

**** Based in Asheville, NC area**

Western NC Veterans Support Group

Alisa Early, LCSW

Meets 1st and 3rd Tuesday – 1:00-2:00 pm

alisa.early@va.gov or call 828-785-8054

***Meeting virtually so open to statewide at this time, Must be a Veteran enrolled in VA.**

Other possible resources for stroke: Please contact group leader for information

<https://www.stroke.org/en/stroke-groups/stroke-support-group-of-wnc>

NORTH CENTRAL NC

Alamance County (Burlington) TBI Warrior Support Group

Tiffany McCullock: (336) 264-8001

2nd Monday of each month, 6:30 PM – 8:00 PM

danceintheson@nc.rr.com

The Lambs Chapel, 3539 Alamance Road, Burlington, NC 27215

***Meeting in person, Contact leader for specific information**

Durham County and area BI/Stroke Support Group

Leader: Chelsea Deodene

3rd Wednesday of each month: 5:30-7:00 pm

Chelseadeodene@gmail.com 516-384-7850

Co: Leader: Cynthia Harris harriscynthia433@gmail.com 919-225-2989

Directions: Meeting In-person at First in Families is located at 3109 University Drive #100, Durham, NC 27707. *(The building is between Shell Station and Exxon and is for sale, set back from road)



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Forsythe County: Peer-to-Peer Support/Information Group

Meets: 3rd Tuesday of each month at 6:30p.m.

Winston-Salem, NC 27103

Our focus is on getting better through peer-to-peer support, information and tools for improvement.

**** Contact Group leader or susan.fewell@bianc.net for link to meeting or location for in-person.**

(Plans: Meet in-person (and hybrid virtual option) on March 21, email leader for location)

Denzil Strickland 336-7057795

braininjurysurvivors@yahoo.com

Website: www.braininjurysurvivors.net

Guilford County (Greensboro BI Support Group at Cone Health)

2nd Tuesday of each month 4-5:00 pm

Cherie Grunenberg, PT, DPT

cherie.grunenberg2@conehealth.com

* New location: Address: 3518 Drawbridge Pkwy, Greensboro, NC 27410 (Members should park out front or on the first level of the parking garage, come to the main lobby and walk straight back. We are meeting in the large conference room across from the cafe in the center of the first level of the building.)

***Contact Group leader for directions and reminders.**

Orange County (Chapel Hill, NC)

UNC-C Rehabilitation Brain Injury Support

Third Wednesday of each month, 1:00 – 2:00 pm

Center for Rehabilitation Care, 1807 North Fordham Boulevard, Chapel Hill, NC 27514

*** Contact Group leader for link to meeting or location of In-person.**

Blaise Morrison, PhD, CRC: (919) 843-7385

blaise_morrison@med.unc.edu

Orange County: Chapel Hill Stroke Group

2nd Wednesday each month at 1:00-2:00 pm

***For Individuals after Stroke: Contact leader for virtual link**

Blaise Morrison, PhD, CRC: (919) 843-7385

blaise_morrison@med.unc.edu

Rockingham County BI & Stroke Support Group

Meets 3rd Monday of each month: 1:30 p.m.

LEAF Center, 104 N. Washington Avenue

Reidsville, NC 27320

***Meeting virtually due to Covid. Contact Group leader for link to meeting.**

Casey Cockerham, PTA, LMBT, CBIS 336-552-4696

casey.cockerham@conehealth.com

Rowan County: JLTBIAAF (Jace Landon TBI Aftercare Awareness Foundation)

Group leader: Nichole Steadman at 704-640-0878 or jltbiaaf@outlook.com

Meets 1st Thursday at 6pm monthly: * For TBI survivors, family and friends. You are not alone.

**** <https://jacelandontbiaftercareawarenessfoundation.org/services-1>**

Wake County: Cary, NC Brain Injury and Stroke Support Group (New group)

2nd Thursday each month at 6:00pm

WakeMed Cary Hospital

1900 Kildaire Farm Rd, Cary, NC 27518

*** Meeting in-person**

Joe DeHart

joedehart2000@yahoo.com

Susan Fewell 919 618 3003

Wake County: ZWK Brain Injury Group (Zebulon, Wendell, and Knightdale)

2nd Thursday each month at 6:00 pm

Zebulon Baptist Church, 400 N Arendell Ave, Zebulon, NC 27597

BIANC liaison: Susan Fewell (susan.fewell@bianc.net or call 919 618 3003).

Dunella Jones 919 757 3527

dunellaj@gmail.com

* Enter parking lot from North St or Gannon Ave. park behind Sanctuary, enter Building B. Meeting is in B-Room 12 (old Fellowship Hall).



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Wake County: TBI Coffee Club Support Group

3rd Thursday monthly: 10:30am - 12 noon

Judy Kinnally

jkspeech3@gmail.com

**Contact leader for location: Have met at Starbucks, Barnes and Noble, Bond Park, Finley YMCA, and Seven Mark church*

Other resources for stroke, aneurysm and brain injury

<https://www.wakemed.org/care-and-services/rehab-and-physical-therapy/support-groups/brain-aneurysm-and-avm-support-group>

<https://www.med.unc.edu/neurology/divisions/stroke/stroke-support-groups/>

<https://www.joeniekrofoundation.com/patient-caregiver-support/support-groups/locations/>

<https://local.aarp.org/event/brain-aneurysm-avm-and-hemorrhagic-stroke-support-group-2021-10-21-greensboro-nc.html>

SOUTH CENTRAL, NC

Cabarras County : Concord Brain Injury Support Group

3rd Monday of each month 6-7:30 pm

Carolinas Rehabilitation NorthEast

487 Lake Concord Road NE, Concord, NC 28520

***For In-Person: Park/Come in main entrance, Group meeting is off the main lobby, look for signs.**

*** Call first to confirm meeting location**

Stacey Ellis-Antisdel 704-403-0129

Stacey.EllisAntisdel@atriumhealth.org

Cumberland County: Fayetteville Brain Injury Support Group

2nd Tuesday of each month, 6:30 – 8:00 pm

ServiceSource 600 Ames Street, Fayetteville, NC 28301

****Meeting hybrid In-person and virtual: Contact Group leader for link to meeting.**

Ellen Morales: (910) 309 - 4860

therosecenter@nc.rr.com

Gaston, Lincoln & Cleveland Counties (Gastonia, NC)

Third Tuesday of the month, 6:00 pm – 7:00 pm

ComServ, 1541 Delta Drive, Gastonia, NC 28052

***Contact Group leader for meeting information**

Patricia (Pat) Haithcox: (704) 736 – 5307

phaithcox@comserve.org

Shanda Daniels: (704) 772 – 4291

Iredell County: Lake Norman Brain Injury Support Network

4th Monday of each month, 7:00 – 8:30 pm

Lake Norman Regional Medical Center (Classroom A), 171 Fairview Road, Mooresville, NC 28117

***Contact leader to see if meeting in person or virtually: *Group does not meet in May or December**

Sylvia Whitmire: (704) 224 – 6069

sylvia@brainrehabspecialist.com

Mecklenburg County area groups

Charlotte Area Brain Injury Network

Meeting weekly on Tuesdays at 2:00 pm virtually.

***Contact Group leader for link to Zoom meeting.**

Sally Rickard, CBIST (704) 355- 2620

Sally.rickard@atriumhealth.org

Couples Night Out/Spouse Support

Meets: Third Saturday at 5:30 pm (Jan, March, May, Sept. and November)

Location: John's Family Restaurant on Westinghouse Blvd., Charlotte **(Contact leader for 'Covid' plans)**

Barbara Westphal: (704) 547 – 1563

wwestpha@bellsouth.net



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Charlotte, NC

LOBIS: Loved Ones of Brain Injury Survivors

Meets: 1st Saturday each month at 11:00 am

"A group for us (Caregivers). Join others who understand the impact of brain injury on the family"

****Meeting virtually. Contact Group leader for link to meeting.**

Renee Johnson (980) 263-9670

Triumphservices365@gmail.com

Sponsored by: Triumph Services

Union County Area Brain Injury Support Network

1st Monday of each month at 6:00 p.m.

Carolinas Medical Center - Union

Edward's Cancer Center

600 Hospital Drive, Monroe, NC 28112

***Contact group leader to see if meeting in person or virtual options**

Laura Gray: (704) 578 – 5043

lauragraySLP@gmail.com

Other resources for Stroke, Aneurism and Brain injury:

<https://www.stroke.org/en/stroke-groups/young-stroke--aneurysm-support-group>

<https://atriumhealth.org/documents/rehabilitation/Stroke-Support-Group-All-locations.pdf>

<https://www.novanthealth.org/healthy-headlines/a-stroke-survivor-builds-a-new-community-of-help>

https://www.capefearvalley.com/patients/support_groups.html

<https://www.joeniekrofoundation.com/patient-caregiver-support/support-groups/locations/>

Would you like to help start a new Support group in your area or for a specific area of interest? Could you help get a new support group, or maybe a Coffee shop group or a Recreational, Mindfulness, or Wellness group going (virtually or in-person) to encourage fitness or offer more 'face' time or social interactions?

Contact sfewell@bianc.net or call 919-618 3003 and I will help you get started.