

Brain Injury Support Groups for Survivors and Families

Brain Injury support groups are important sources of support and information about brain injury issues for survivors, families and professionals. They can provide emotional support and networking because of the experiences others have had with brain injury. We will assist any new support group to get started. Newsletters/event information is mailed quarterly from BIANC to support group leaders.

Ashe/Watauga Counties

High Country Brain Injury Support Group

2nd Tuesday of each month, 6:00 pm. (Not meeting during summer.)

Meeting Location: Mount Paddy Church, 822 Highway 88 West, Jefferson, NC 28640

Contact: Debbie Absher, 336-246-4542, Mailing address: Wylene Taylor, P.O. Box 380, Jefferson, NC 28694

Asheville, NC

WNC Brain Injury Support Network (Western North Carolina)

4th Tuesday of each month, 6:00-8:00 pm

Meeting Location: Foster Adventist Church, 375 Hendersonville Road, Asheville, NC

Contact: Erica Englesman, P.O. Box 15167, Asheville, NC 28813

Call for details of group meetings: 828-274-0570 or Email: wncbraininjurynetwork@gmail.com

Boone, NC

Boone TBI Support Group

Every Tuesday at 1:30-3:30 pm.

Meeting location: Institute for Health and Human Services, Room 168A, 400 University Hall Dr., Boone, NC.

Contact: Jules Roberts, 828-262-2185 or 828-265-5026 robretjp@appstate.edu. Mailing address:

Jules Roberts, CD Clinic, 400 University Hall Drive, P.O. Box 32041, Boone, NC 28608.

Cary, NC

Cary Hospital Support Group

1st Monday of Each Month, 6:30-8:00 pm

Meeting Location: WakeMed Cary Hospital, Conference Room A, 1900 Kildare Farm Rd, Cary, NC

Contact: Amanda Benson, amanda_bensonnc@hotmail.com or call 919-469-9880, or Dave Baack, 919-460-9094 for more details of meetings

Chapel Hill, NC

UNC Rehabilitation Brain Injury Support Group

Third Wednesday of each month, 1:00-2:00 PM

Meeting Location: UNC Wellness Center in Meadowmont

Contact: Karla Thompson, 919-966-8813; Mailing address: CB# 7200, Chapel Hill, NC 27599-7200;

Karla_Thompson@med.unc.edu

Charlotte, NC

Carolinas Rehabilitation Inpatient/Outpatient Family Education

Each Wednesday, 3:00 PM-3:30 PM

Meeting Location: Family Resource Room, Carolinas Rehabilitation, Charlotte, NC

Contact: Peggy Philbrick, Carolinas Rehabilitation, 1100 Blythe Boulevard, Charlotte, NC 28203, 704-355-4354, peggy.philbrick@carolinashealthcare.org

Charlotte Area Brain Injury Alliance

1st Tuesday of each month, 6:30-8:00 PM

Meeting Location: Carolinas Rehabilitation, Private Dining Room

Contact: Sally Rickard, Carolinas Rehabilitation, 1100 Blythe Boulevard, Charlotte, NC 28203, 704-355-1502, sally.rickard@carolinashealthcare.org

Cleveland County

Cleveland County BI Support Network

3rd Thursday of Each Month

Meeting Location: Poplar Springs Baptist Church, 1106 Poplar Springs Church Road, Shelby, NC

Contact: Carolyn Costner, 3863 Towery Road, Shelby, NC 28150, 704-434-5624, scostner3@carolina.rr.com

Concord, NC

Concord Area Brain Injury/Spinal Cord Injury Support Network

3rd Monday of each month, 7:00-8:30 PM

Meeting Location: Forrest Hills United Methodist Church, 265 Union Street, Concord, NC

Contact: Margaret Love, 2612 Shady Lane Avenue, Concord, NC 28027, 704-784-2503, LUV3@ctc.net

Durham, NC

Durham Brain Injury Support Group

First Monday of each month, 6:00 PM.

Meeting Location: Learning Services, 707 Morehead Avenue, Durham, NC 27707.

Contact: Shani Cohen, 919-419-9955 ext. 3019, scohen@learningservices.com

Fayetteville, NC

Fayetteville Brain Injury Support Group

Second Tuesday of the Month, 6:30-8:00 pm

Meeting Location: Cape Fear Valley Rehab Center, Patient Dining Room, Fayetteville, NC

Contact: Ellen Morales, 910-486-1101 or ellen.morales@dhhs.nc.gov. Mailing Address: Vocational Rehabilitation Services, 803 Suite J Stamper Road, Fayetteville, NC 28303

Wounded Warrior and Family Support Group For Military Only

Second Tuesday of every month, 6:30pm-8:30pm.

Meeting Location: Sammio's, 2623 Raeford Rd., Fayetteville NC 28303

Contact: Becky Bliss, 910-644-4898, becky.bliss@us.army.mil; 5729 Cherrystone Dr., Fayetteville NC 28311

Gaston County

To Be Included (TBI)

Third Tuesday of the month, 5:30-7:30pm

Meeting Location: Recovery Building, 2502 B. Court Dr., Gastonia, NC

Contact: Patricia (Pat) Haithcox, 704-865-8819, phaithcox@conserve.org; Charlotte Johnson, 704-830-2271, chardin@footprintsnc.com. Mailing address: 1006 B. Union Rd., Gastonia, NC 28054.

CaroMont Stroke and Brain Injury Support Group

Quarterly: Feb, May, Aug, Nov at 7:00 pm at Gaston Memorial Hospital in Elm room

Contact: Celeste Thompson or call 704-671-5730 or celestethompson@caromonthhealth.org. Mailing address: 640 Summit Crossing Pl., Suite 208, Gastonia, NC 28054

Fractured Friends Brain Injury Support Groups for Teens

Call for information.

Elisha Giesey, 704-692-1623

Ekgiesey@gmail.com

Goldsboro, NC

Brain Injury Support Group

3rd Tuesday of each month at 11:30

Meeting Location: Work Source East- K Building, 902 Corporate Dr., Goldsboro, NC 27534

Contact: Sandra Pendergraft 919-288-1616 or spendergraft@communitypartnerships.org Mailing address: 902 Corporate Drive, Goldsboro, NC 27534

Greensboro, NC

Greensboro Brain Injury Support Group

2nd Tuesday of each month, 7:00-8:30 PM

Meeting Location: Cone Health System's Inpatient Rehabilitation Hospital, 4th floor (4000 Unit Day Room), 1200 N. Elm Street, Greensboro, NC 27401

Contact: Lucy Hoyle, Cone Rehabilitation Center, 1200 North Elm Street, Greensboro, NC 27401, 336-832-7450, 336-319-2214 (pager), lucy.hoyle@mosesccone.com

Greenville, NC

Greenville Brain Injury Support Group

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

Meeting Location: Regional Rehabilitation Center, Pitt County Memorial Hospital. Enter through main entrance; take first hall to right, then second door on right. Address: 2110 Statonsburg Rd., Greenville.

Contact: Mark White, 252-737-2076. Mailing address: 3615 Cattail Lane, Greenville, NC 27858

F.I.S.H. (Families Initiating Support and Hope)

Pediatric Support Group for the Brain Injured Child and their Families.

Meets quarterly; call for information

Meeting Location: Vidant Medical Center/ Rehab Center

Contact: Montigne Hassett, (252) 847-6971 montigne.hassett@vidanthealth.com. Jennifer Brown, (252-847-6886 Jennifer.c.brown@vidanthealth.com). Mailing address: P.O. Box 6028, Greenville, NC 27835, attn: Montigne Hassett.

Henderson, NC (also covers Franklin, Granville, Warren, Vance counties)

Kerr Lake Brain Injury Support Group

2nd Tuesday of each month at 6:00 p.m.

Maria Parham Hospital, 566 Ruin Creek Road, Henderson, NC

Contact: Nina Kalleh, 252-432-7159, ninataylorkalleh@gmail.com, 8800 Autumn Winds Drive #107, Raleigh, NC 27615

Hickory, NC

Catawba Valley Brain Injury Association Support Group

4th Tuesday each month, 6:00-7:30 PM

Meeting Location: First Plaza Bldg., 1985 Tate Boulevard, SE, Suite 152, Hickory, NC 28602

Contact: Liza Ramirez, or lramirez@braininjuryspecialist.com 828-304-9096. Note: Times and locations periodically vary – call for information. Mailing address: same as meeting location.

High Point, NC

Brain Injury Alliance of High Point

Meeting dates and times vary; please call.

Meeting Location: Millis Health Education Center, 600 North Elm Street, High Point, NC

Contact: John Peeler or jpeeler@triad.rr.com 336-887-0745 or Kitty Barringer 336-885-7627. Mailing address: 301 Otteray Ave., High Point, NC 27266.

Lake Norman, NC

Lake Norman Brain Injury Support Network

4th Monday of each month (except December and May), 7:00-8:30 PM

Meeting Location: Lake Norman Regional Medical Center, 171 Fairview Road, Mooresville, NC 28117

Contact: Sylvia Whitmire, 178 Leona Lane, Troutman, NC 28166, 704-224-6069, sylvia@brainrehabspecialist.com

Lenior / Caldwell County, NC

Foothills Area Brain Injury Support Group

Meeting times and locations vary, please

Contact: Pam Gilbert, 828-758-0463

New Bern, NC

Coastal Brain Injury Support Group

1st Saturday of each month, 10:00-11:30 AM

Meeting Location: The Homeplace, 1309 McCarthy Blvd, New Bern, NC

Contact: Amy Davis, 252-670-6625 (cell), or leave message at 252-514-2970.

Raleigh, NC

Triangle Brain Injury Support Group

3rd Tuesday of each month at 7:00 PM

Meeting Location: WakeMed Rehab, 1st floor: Dining/conference area

Contact: Monica McGrath, 1-800-377-1464.

Rocky Mount, NC

Emily Ellis Brain Injury and Stroke Support Group

Each Thursday, 5:00-6:00 PM

Meeting Location: in the Bridge Gym Area at the Bryant T. Aldridge Rehab Center, Rocky Mount

Contact: Tabitha Jackson, 252-962-3711, tjackson@nhcs.org, 2400 Medpark Dr., Rocky Mount, NC 27804

Rowan County/Salisbury

Rowan County Brain Injury Support Group

4th Thursday of every month, 7:00-9:00 PM. If the meeting date is near a holiday (November and

December, group meets a week earlier (3rd Thursday). Meeting Location: Easter Seals office, 620 W.

Innes St., Salisbury, NC. Contact: Nadine Cherry, 980-622-7732, NCherry@ctc.net. Mailing address: 410 West Garden St., Landis, NC 28088.

Stanly County

Brain Injury Team Support of Stanly - BITS

Call if interested: Margaret Owen, 704-485-2483

Mailing address: 8281 Rocky River Rd., Oakboro, NC 28129

Statesville, NC *Surviving Angels*

3rd Tuesday of each month, 7:00-8:30 PM

Meeting Location: Fairfield Inn (Exit 50 off I-77)

Contact: Kim Wolf, 3224 East Broad St., Statesville, NC 28635, 704-873-7635, 704-450-3188(cell)

kim-wolf@att.net

Union County, NC

Union County Area Brain Injury Support Network

1st Monday of each month, 7:00-9:00 PM

Meeting Location: Carolinas Medical Center – Cancer Outpatient Center Waiting Room, Monroe, NC

Contact: Peggy Philbrick, Carolinas Rehabilitation, 704-355-4354,

peggy.philbrick@carolinashealthcare.org

Whiteville, NC

Columbus County Brain Injury Support Group

(This group is not meeting now due to low membership, call for resources or if interested)

Contact: Carla Brown, 910-642-1717, CRHS, Attention: Dept. of SLP, 500 Jefferson St., Whiteville, NC 28472, cbrown@crhealthcare.org.

Wilmington, NC

Wilmington Brain Injury Support Group

2nd Monday of each month, 6:00-7:00 PM

Meeting Location: First-floor lobby classroom at New Hanover Rehabilitation Hospital (next to the Oaks), 2131 South 17th Street, Wilmington, NC 28401.

Contact: Morgan Lankford, 910-343-7062, juxon.lankford@nhrmc.org., Kelsey Roth, 910-815-5616, kelsey.roth@nhrmc.org

Winston Salem

Back on Track support group for adults who are working or wish to return to work or school.

Meeting Location: In transition: call Triad Brain Injury Resource Center at 336-713-8582 or BIANC at 919-833-9634 for more information or if you are interested