

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. A Support Group leaders newsletter is sent out quarterly from TBI Project STAR at Carolinas Rehabilitation. Newsletters/event information is mailed quarterly from BIANC to support group leaders.

Anson

Anson County BI and Cognitive Disability Support Group

Cynthia Furr, 704-695-3233, Anson Community Hospital, 500 Morven Road, Wadesboro, NC 28170 or Nancy Capel, 704-694-3156

Ashe/Watauga Counties

High Country Brain Injury Support Group

2nd Tuesday of each month, 6:00 pm

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

Contact: Wylene Taylor or Debbie Absher, 336-246-4542, taylorw@newriver.org

Asheville, NC

Smoky Mountain BI Support Group

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

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

Contact: Karen Harrington, NC Brain Injury Support Center, 68 Sweeten Creek Road, Asheville, NC 28803, 828-277-4868, Karen.Harrington@bianc.net

Teens/Young Adults with TBI

Currently meeting with Smoky Mountain Support Group

Contact: Karen Harrington, 828-277-4868

Carteret County, NC (Morehead City)

Carteret County Brain Injury Support Group

2nd Thursday of each month, 6:30 PM

Meeting Location: St. Peter's United Methodist Church, 111 Hodges Street, Morehead City, NC 28557

Contact: Debbie Jones, 252-725-1430, ccbisg@gmail.com

Cary, NC

Cary Hospital Support Group

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

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

Contact: Leslie Johnson, 919-363-2576, 919-231-3325 or Dave Baack, 919-460-9094

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, Karla_Thompson@med.unc.edu

Charlotte, NC

Carolinas Rehabilitation Inpatient/Outpatient Family Care

Each Wednesday, 3:30-4:00 PM

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

Contact: Peggy Philbrick, Carolinas Rehabilitation, 1100 Blythe Boulevard, Charlotte, NC 28203, 704-355-1502, peggy.philbrick@carolinashealthcare.org

Charlotte Area Brain Injury Association

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

Couples Night Out Support Network

Meeting Times Vary - 5:30 PM

Meeting Locations Vary - Call Peggy for Information

Contact: Peggy Philbrick, 704-355-1502, peggy.philbrick@carolinashealthcare.org

Spouse Support Group

Meeting times and locations vary - call for information

Contact: Peggy Philbrick, 704-355-1502, peggy.philbrick@carolinashealthcare.org

Steele Creek Stroke Support Group

2nd Wednesday, 2:00-4:00 PM

Meeting Location: Central Steele Creek Presbyterian Church on the corner of Westinghouse and Hwy 49

Contact: Jake Osborne 704-504-3691, jakeandjane543701@gmail.com

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

or Gayle Pittman, 1181 Jim Sossoman Road, Midland, NC 28027, 704-888-4110

Durham, NC

Durham Brain Injury Support Group

First Monday of each month, 6:30

Contact: Shani Cohen, 919-529-1241, 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 (formerly known as Southeastern Regional Rehab Center), Patient Dining Room, Fayetteville, NC

Contact: Ellen Scherling-Morales, Vocational Rehabilitation Services, 1200 Fairmont Court, Fayetteville, NC 28304, 910-486-1101, Ellen.Morales@ncmail.net

Fort Bragg Brain Injury Support Group For Military Only

Third Wednesday of every month, 9:00-10:00 am

Meeting Location: Womack at Weaver Auditorium

Contact: Elizabeth Thomson MS, CCC-SLP, CBIS, 910-907-7898, elizabeth.thomson@us.army.mil

Gaston County

To Be Included (TBI)

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

Meeting Location: Footprints Carolina, 2020 Remount Road, Gastonia, NC

Contact: Shirley Moore, 704-884-2500, smoore@pathmhdds.org

Gastonia

CaroMont Stroke and Brain Injury Support Group

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

Contact: Kristen Alford at alfordk@gmh.org or call 704-671-5730 for Kristen or Celeste Kilpatrick

Goldsboro, NC

The Overcomers Brain Injury Rehab That Helps

3rd Saturday of each month, 1:00-3:00 PM

Meeting Location: Re Nu Life, Goldsboro, NC

Contact: Vera Hammon, 919-734-0266

Greensboro, NC

Greensboro Brain Injury Support Group

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

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

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

Greenville, NC

Down East Survivors

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

Meeting Location: University Health Systems of Eastern Carolina, Rehabilitation classroom

Contact: Cynthia Asby, 252-746-2613 or Valerie Fant 252-746-2993

Vollen Knights Young Adults Support Group

In Association with 4-H Pitt County at Pitt County 4-H Agriculture Extension Center

Volunteers at Community Events

Darlene Wetzel, 1-800-697-3115, Darlene.wetzel@bianc.net

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

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

Meets every other month

Meeting Location: Pitt County Memorial Hospital, Rehabilitation/Spinal Cord Lounge

Contact: Montigne Hassett, (252) 847-6971 montigne.hassett@uhseast.com

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

Kerr Lake Brain Injury Support Group

2nd Tuesday of each month

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

Contact: Lynne Dennis, 919-693-7623, businesscents@nc.rr.com

Hickory, NC

Catawba Valley Brain Injury Association Support Group

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

Meeting Location: Catawba Valley Behavioral Healthcare, 3050 11th Avenue Drive, SE, Hickory, NC

Catawba Valley Brain Injury Association Business Meeting & Social

3rd Thursday each month,

Social Day- 9:30AM – 12:00 PM and 1:00 – 3:00 PM

Business Meeting/Luncheon- 12:00-1:00 PM

Meeting location: First Plaza Bldg., 1985 Tate Boulevard. SE, Hickory, NC

Contact for both: Pat Benfield - pbenfield@braininjuryspecialists.com Crystal Podger - cpodger@braininjuryspecialists.com, 828-304-9096

Note: Times and locations periodically vary – call for information.

High Point, NC

Brain Injury Alliance of High Point

1st Tuesday of each month, 7:00 PM

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

Contact: John Peeler 336-887-0745 or Kitty Barringer 336-885-7627

Jacksonville, Onslow County Area

Right Hand Angels Brain Injury Support Group

3rd Saturday of each month, 2:00-4:00 PM

Meeting Location: Jacksonville

Contact: Staff SGT Robin Bristow, 843-685-9553 (cell), 910-451-4161 (work), robin.bristow@usmc.mil

Lake Norman, NC

Lake Norman Brain Injury Support Network

4th Monday of each month (except Dec.), 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

Lincolnton, NC

Lincolnton Brain Injury Support Group

1st & 3rd Thursdays of each month, 5:00-6:00 PM

Meeting Location: Footprints Carolina Office, 1228 North Flint Street, Lincolnton, NC

Contact: Melody Thompson, 704-735-5633, mthompson@footprintsnc.com or Ruby Vincent, 704-

735-5633, rvincent@footprintsnc.com

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, 6239 Highway 70 East, New Bern, NC 28560, 252-670-6625 cell

Pinehurst, NC*SOBI and Families Support Group*

3rd Thursday of each month, 5:00-7:00 PM

Meeting Location: Outpatient Behavioral Services in Building 2 in the Community room, Pinehurst, NC

Contact: Gabby Studenmund, 910-603-4940 (cell), 910-692-9979 (home), gstudenmund@nc.rr.com or

Moira Messana, 910-315-4982, moira56@nc.rr.com

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 Stroke and Brain Injury 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, 252-451-3711, tnjackson@nhcs.org

Stanly County*Brain Injury Team Support of Stanly - BITS*

3rd Tuesday of each month, 6:00 PM

Meeting Location: Silver Road Baptist, Church Fellowship Hall, Oakboro, NC

Cover dish supper followed by meeting

Contact: Margaret Owen (call to confirm), 704-485-2483

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, 184 Autumn Leaf Road, Troutman, NC 28166, 704-528-0399,

kimboom@bellsouth.net

Sylva, NC

TBI of the Mountains

2nd Thursday of each month, 4:00 PM

Meeting Location: Pathways for the Future, 525 Mineral Springs Drive, Sylva, NC

Contact: Joy McMillan, 828-497-5786

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

Whiteville Brain Injury Support Group

2nd Thursday of each month, 6:00-7:30 PM

Meeting Location: Education Center, Classroom 1A, Columbus Regional Healthcare System, 500 Jefferson Street, Whiteville, NC 28472

Contact: Carla Brown, Columbus Regional Healthcare Center, 910-642-1717

Wilmington, NC

Wilmington Brain Injury Support Group

2nd Monday of each month, 7:00-9:00 PM

Meeting Location: 1st floor classroom at NHRMC Rehab, Wilmington, NC

Contact: Tracy McElroy, NHRMC Rehab Hospital, 2131 South 17th Street, Wilmington, NC 28401, 910-815-5618, tracy.mcelroy@nhhn.org

Winston Salem

Back on Track

2nd Monday each month

Meeting Location: Forsyth Medical Center, 3333 Silas Creek Parkway, Winston-Salem, NC 27103

Contact: Robin Alexander Embry, 336-718-3407, REAlexander@novanthealth.org, 3333 Silas Creek Parkway, Winston-Salem, NC 27103