

# North Carolina Support Groups

## **Anson**

*Anson County BI and Cognitive Disability  
Support Group*

Nancy Capel: 704-694-3156

Cynthia Furr: 704-695-3233

## **Ashe/Watauga Counties**

*High Country Brain Injury Support Group*

2nd Tuesday of each month, 6:00 pm

Meeting Location: Mount Paddy Christian Union Church

822 Highway 88 West

Jefferson, NC

Contacts: 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 – Coordinator

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

For information contact Karen Harrington

828-277-4868

## **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

Leslie Johnson, 919-363-2576, 919-231-3325

Dave Baack, 919-460-9094

**Chapel Hill, NC**

*UNC Rehabilitation Brain Injury Support Group*

Contact: Karla Thompson

919-966-8813

Karla\_Thompson@med.unc.edu

**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

Carolyn Costner

3863 Towery Road, Shelby, NC 28150

704-434-5624, [scostner3@carolina.rr.com](mailto:scostner3@carolina.rr.com)

**Charlotte, NC**

*Carolinas Rehabilitation*

*Inpatient/Outpatient Family Care*

Each Tuesday, 3:30-4:00 PM

Meeting Location: Carolinas Rehabilitation

Inpatient Therapy Gym Room 11Charlotte, NC

Peggy Philbrick

Carolinas Rehabilitation

1100 Blythe Boulevard

Charlotte, NC 28203

704-355-1502, [peggy.philbrick@carolinashealthcare.org](mailto:peggy.philbrick@carolinashealthcare.org)

*Charlotte Area Brain Injury Association*

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

Meeting Location: Gym - Carolinas Rehabilitation

Sally Rickard

Carolinas Rehabilitation

1100 Blythe Boulevard

Charlotte, NC 28203

704-355-1502, [sally.rickard@carolinashealthcare.org](mailto:sally.rickard@carolinashealthcare.org)

*Couples Night Out Support Network*

Meeting Times Vary

5:30 PM

Meeting Locations Vary - Call Peggy for Information

Peggy Philbrick

Carolinas Rehabilitation

704-355-1502, [peggy.philbrick@carolinashealthcare.org](mailto:peggy.philbrick@carolinashealthcare.org)

*Spouse Support Group*

Meeting times and locations vary - call for information

Peggy Philbrick

Carolinas Rehabilitation

704-355-1502

peggy.philbrick@carolinashealthcare.org

**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

Margaret Love

2612 Shady Lane Avenue

Concord, NC 28027

704-784-2503, LUV3@ctc.net

Gayle Pittman

1181 Jim Sossoman Road

Midland, NC 28027

704-888-4110

**Durham, NC**

*Durham Brain Injury Support Group*

First Tuesday of each month

Meeting times vary – call for information

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

Ellen Scherling-Morales

Vocational Rehabilitation Services

1200 Fairmont Court

Fayetteville, NC 28304

910-486-1101

Ellen.Morales@ncmail.net

**Fayetteville, NC**

*Fort Bragg Brain Injury Support Group*

Third Wednesday of every month

9:00-10:00 am

Meeting Location: Womack at Weaver Auditorium

Elizabeth Thomson MS, CCC-SLP, CBIS 910-907-7898

elizabeth.thomson@us.army.mil

**Gaston County**

*To Be Included*

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

Colden Quick

cquick@pathmhdds.org

*Brain Injury and Stroke Support group*

2nd Tuesday of each month

Meeting Location: Gaston Memorial Hospital

Contact: Tracy Iradi

704-671-5738, iradit@gmh.org

**Goldsboro, NC**

*The Overcomers Brain Injury Rehab That Helps*

3rd Saturday of each month

12:00-2:00 PM

Meeting Location: Eastern Region Vocational Rehabilitation Facility

Goldsboro, NC

**Greensboro, NC***Greensboro Brain Injury Support Group*

2nd Tuesday of each month

7:00-8:30 PM

Meeting Location: Moses Cone Hospital

Rehab Room, 4th floor (4000 Unit Day Room)

1200 N. Elm Street

Greensboro, NC

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

Cynthia Asby

4246 B Jolly Road

Ayden, NC 28513

252-439-1900, biaenc1@earthlink.net

*Military/Veteran/Military Family Support Group*

In the process of organizing a group.

For more info contact Darlene Wetzel.

Darlene Wetzel

202 East Arlington Blvd, Suite T

Greenville, NC 27834

1-800-697-3115, biaenc@earthlink.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

Montigne Hassett

(252) 847-6971, montigne@mac.com

Jennifer Brown

(252) 841-6886

**Henderson, NC**

*Kerr Lake Brain Injury Support Group*

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

2nd Tuesday of each month

Maria Parham Hospital

566 Ruin Creek Road, Henderson, NC

Mike Scott

940 County Home Road

Henderson, NC 27536

252-738-0707, mscott@vance.net

**Hickory, NC**

*Catawba Valley Brain Injury Association*

6:30 PM

4th Tuesday each month

Meeting Location:

Catawba Valley Behavioral Health

3050 11th Avenue Drive, SE

Hickory, NC

Pat Benfield

pbenfield@braininjuryspecialists.com

1985 Tate Blvd., SE, Suite 152

Hickory, NC 28610

828-304-9096

Crystal Podger

cpodger@braininjuryspecialists.com

**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

John Peeler 336-887-0745

Kittie Barringer 336-885-7627

*Brain Boosters Support Group*

3rd Tuesday of each month, 7:00 PM

Meeting Location: Millis Health Education Center

600 North Elm Street

High Point, NC

Diane Rankin 336-889-7922

**Jacksonville, Onslow County Area**

*Right Hand Angels Brain Injury Support Group*

3rd Saturday of each month

2:00-4:00 PM

Meeting Location: 165 Weste Ave, Jacksonville, NC 28540 (off Hwy 24 in Bryan Farms Housing)

SGT Robin Bristow

843-655-6862 (cell)

910-451-7806

**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

Mooresville, NC 28166

Sylvia Whitmire

178 Leona Lane

Troutman, NC 28166

704-224-6069

sylvia@brainrehabspecialist.com

**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

Melody Thompson

704-735-5633

mthompson@footprintscarolina.com

Ruby Vincent

704-735-5633

rvincent@footprintscarolina.com

**Lenior / Caldwell County, NC**

*Foothills Area Brain Injury Support Group*

Meeting times and locations vary, please

Pam Gilbert

828-758-0463

**New Bern, NC**

*Coastal Brain Injury Support Group*

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

Amy Davis

6239 Highway 70 East

New Bern, NC 28560

252-514-2918 or 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

Gabby Studenmund

gstudenmund@nc.rr.com

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

Monica McGrath

1-800-377-1464

**Rocky Mount, NC**

*Over the Bridge/Brain Injury & Stroke S.G.*

Each Thursday

5:00-6:00 PM

Meeting Location: in the Bridge Gym Area at

the Bryant T. Aldridge Rehab Center

Rocky Mount

Contact Emily Ellis, LCSW

252-451-3704, eeellis@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

Margaret Owen: 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)

Kim Munro

184 Autumn Leaf Road

Troutman, NC 28166

704-528-0399 , kimboom@bellsouth.net

**Sylva, NC***TBI of the Mountains*

4th Thursday of each month

4:00 PM potluck dinner, 5:00 PM Meeting

Meeting Location: Pathways for the Future

525 Mineral Springs Drive

Sylva, NC

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 – Union Outpatient Center Waiting Room

Peggy Philbrick

Carolinas Rehabilitation

1100 Blythe Boulevard

Charlotte, NC 28203

704-355-1502, peggy.philbrick@carolinashealthcare.org

**Wilmington, NC***Wilmington Brain Injury Support Group*

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

Meeting Location: Lobby/classroom at Coastal Rehab

Wilmington, NC

Vance Williams

Coastal Rehab Hospital

2131 South 17th Street

Wilmington, NC 28401

910-815-5618, vance.williams@nhhn.org

Jayne Sanderson

1-800-778-7033, Jayne.Sanderson@nhhn.org

Kelly Lanier, RN

910-815-5635

**Winston Salem**

*Back on Track*

1st or 2nd Monday each month

Robin Alexander

REAlexander@novanthealth.org

336-718-3407

Lilana Hines

336-718-5736

Tory Walker 336-718-1610

3333 Silas Creek Parkway

Winston-Salem, NC 27103