Brain injury support groups are important sources of support and information for survivors, families, and professionals. These groups provide emotional support, networking opportunities, and invaluable advice for navigating the difficult path of recovery after a brain injury. If you do not find a support group in your area, contact the Brain Injury Association of NC to learn about resources in your area, or let us know if you want to help get a new group started.

### Asheville, NC

**Smoky Mountain BI Support Network**

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

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<tbody>
<tr>
<td>Foster Adventist Church</td>
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<tr>
<td>375 Hendersonville Road</td>
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<td>Asheville, NC  28803</td>
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**Erica Engelsman Rawls**: (828) 274 – 0570  
ewearls@hindsfeetfarm.org  
Karen Keating:  (828) 337-  
karen.keating@bianc.net

### Asheville, NC

**Brainstormer’s Collective**

Meets:  Every 2nd Thursday  4:00 pm – 5:30 pm

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<tr>
<td>Kairos West Community Center</td>
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<tr>
<td>610 Haywood Road</td>
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<td>Asheville, NC  28806</td>
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<td>(Ground floor/Entrance in back/Parking across the street behind Family Dollar)</td>
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**Tamara Puffer**  828-254-0507  
Puffer61@gmail.com

### Boone, NC

**Boone TBI Support Group**

Every Friday (on Appalachian State Univ. Schedule) 9:30 am – 11:30 am  
keeganlc@appstate.edu  
Website: Mindmattersboone.wordpress.com

Institute for Health and Human Services  
Charles E. and Geneva S. Scott Rite Communication Disorders Clinic  
400 University Hall Drive  
Room 102  
Boone, NC  28607

**Louise Keegan** : (828) 262 – 2185  
(828) 262 – 8313  
keeganlc@appstate.edu

### Cary, NC

**TBI/ABI/Stroke Support Group**

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

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<tr>
<td>WakeMed Cary Hospital</td>
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<tr>
<td>Conference “Board Room”</td>
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<tr>
<td>1900 Kildaire Farm Rd</td>
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<tr>
<td>Cary, NC</td>
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**Norman Case**: (919) 244 - 6221  
norman.case.soaringeagle@gmail.com  
Brooke Hinnant  brookewhinnant@gmailcom
Chapel Hill, NC
UNC 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

Judy Schmidt: (919) 966 – 5980
judy_schmidt@med.unc.edu

Charlotte, NC
Charlotte Area Brain Injury Alliance
1st Tuesday of each month, 6:30 – 8:00 pm
Carolinas Rehabilitation
Private Dining Room
1100 Blythe Boulevard
Charlotte, NC 28203

Sally Rickard: (704) 960 – 0561
sally.rickard@bianc.net
(704) 355 – 2620

Charlotte, NC
Couples Night Out/Spouse Support
Meets: Third Saturday at 5:30 pm (Jan, March, May, July, Sept. and November)
Location: John’s Family Restaurant on Westinghouse Blvd., Charlotte

Barbara Westphal: (704) 547 – 1563
wwestpha@bellsouth.net

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 ".
University City United Methodist Church
Room 110- Church office building (in rear)
3835 West WT Harris Blvd. Charlotte, NC 28269

Renee Johnson  (980) 263-9670
Triumphservices365@gmail.com
Sponsored by: Triumph Services

Concord, NC
Cabarrus County Brain Injury Support Group
3rd Monday of each month, 7:00 PM
Carolinas Rehabilitation-NE
Hospital Cafe
487 Lake Concord Road NE
Concord, NC 28025

Todd B. Bennett: (704) 403 – 0104
Todd.Bennett@carolinashealthcare.org
Durham, NC
*Duke Raleigh Brain Aneurysm & AVM Support Group*
2nd Monday of every other month from 6:30 – 8:00pm.

Duke Raleigh Hospital
Medical Office Building 7  (Cardinal Room)
3400 Wake Forest Rd
Raleigh, NC 27609

Lazaro Gonzales, JR, PA-C  (919) 681-8709
lazarolgonzales@duke.edu

Fayetteville, NC
*Fayetteville Brain Injury Support Group*
2nd Tuesday of each month, 6:30 – 8:00 pm
(15-23 years old encouraged: May have separate meeting)

Kiwanis Recreation Center
352 Devers Street
Fayetteville, NC 28303

Ellen Morales: (910) 486 – 1101
ellen.morales@dhhs.nc.gov
Dr. Margaret Ackley: (910) 303-3989
margaret.a.ackley3.ctr@mail.mil

Gastonia, NC
Third Tuesday of the month, 6:00 pm – 7:00 pm
Serves Gaston, Lincoln & Cleveland counties

ComServ
1541 Delta Drive
Gastonia, NC 28052

Patricia (Pat) Haithcox: (704) 736 – 5307
phaithcox@comserve.org
Shanda Daniels: (704) 772 – 4291

Goldsboro, NC
*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

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

Greensboro, NC
*Greensboro Brain Injury Support Group*
2nd Tuesday of each month, 7:00 – 8:30 pm

Cone Health System Inpatient Rehabilitation Hospital
4th floor (4West Unit Day Room)
1200 N. Elm Street
Greensboro, NC  27401

Lucy Hoyle, LCSW: (336) 832 – 7450
(336) 430-4387 (cell)
lucy.hoyle@conehealth.com
Greenville, NC
*Greenville Brain Injury Support Group*
2nd Monday of each month, 6:30 PM – 8:00 PM
Regional Rehabilitation Center
Vidant Medical Center
2100 Statonsburg Road
Greenville, NC 27834

Haley Markel: (252) 565 - 8983
(252) 732 – 4927 (cell)
hmarkel@communitypartnerships.org

Haw River, NC
*Burlington / Mebane TBI Warrior Support Group*
2nd Monday of each month, 6:30 PM – 8:00 PM
The Lambs Chapel
415 Roxboro Street
Haw River, NC 27258

Tiffany McCullock: (336) 264-8001
danceintheson@nc.rr.com
Norman Case (919) 244-6221
norman.case.soaringeagle@gmail.com

Henderson, NC
*Kerr Lake Support Group (Franklin, Granville, Warren, Vance counties)*
2nd Tuesday of each month, 6:00 pm
Maria Parham Hospital
566 Ruin Creek Road
Henderson, NC 27536

Nina Kalleh: (919) 810 – 7507
ninataylorkalleh@gmail.com

Hickory, NC
*Hickory Brain Injury Support Group*
4th Tuesday each month, 6:00 – 7:30 pm
First United Methodist Church
311 3rd Ave NE
Hickory, NC 28601
*Note: Times and locations periodically vary – call for information.*

Travis Glass: (828) 781-0778
travis@crossroadscounseling.org

High Point, NC
*Brain Injury Alliance of High Point*
Meets: 1st Tuesday of every 4th month (January, May, September)
Millis Health Education Center
600 North Elm Street
High Point, NC 27401

Kitty Barringer: (336) 713 – 8582
kitty.barringer@bianc.net
Huntersville, NC
Caregiver Group  (Call for details)
Meets at Hinds’ Feet Farm

Jacksonville, NC  (and Camp Lejeune)
TBI/Neuro Group: (Military, Families, and Civilians)
Brain Injury Education group for everyone!
1st Tuesday of each month: 6:00 pm – 7:30 pm

Onslow Memorial Hospital
Education Building (Room 2) (On left when facing Hospital)
317 Western Boulevard
Jacksonville, NC  28542

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

Jacksonville, NC
Right Hand Angels Brain Injury Group
Group not meeting currently: Available for help with military benefits or pediatric resources

Robin & Heath Totsch: (843) 685 – 6252
righthandangels@gmail.com

Jefferson, NC
Group not currently meeting: Call for regional resources

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

Lake Norman, NC
Lake Norman Brain Injury Support Network
4th Monday of each month, 7:00 – 8:30 pm
*Group does not meet in May or December

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

Sylvia Whitmire: (704) 224 – 6069
sylvia@brainrehabspecialist.com

Lake Norman, NC
4th Monday of each month, 7:00 – 8:30 pm
*Group does not meet in May or December

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

Sylvia Whitmire: (704) 224 – 6069
sylvia@brainrehabspecialist.com

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

Laura Gray: (704) 578 – 5043
lauragraySLP@gmail.com

Monroe, NC
Union County Area Brain Injury Support Network
1st Monday of each month, 7:00 – 9:00 pm

Carolinas Medical Center - Union
Edward’s Cancer Center
600 Hospital Drive
Monroe, NC  28112

Laura Gray: (704) 578 – 5043
lauragraySLP@gmail.com

Multiple Locations
Wounded Warrior Project (Military Only)

Phone: (888) 997 – 2586
info@woundedwarriorproject.org
Raleigh, NC

Triangle Brain Injury Support Group  (Everyone welcome)  cgettle@communitypartnerships.org
3rd Tuesday of each month, 6:30 – 8:00 pm
(Two groups meet at same Conference/Dining location listed below)

Brain Injury Family/Caregiver Group  (Room 5)  Holly Heath-Shepard, LCSW: (919) 946 - 5453
3rd Tuesday of each month, 6:30 – 8:00 pm  heathshepard@aol.com

WakeMed Rehab Hospital (Both groups meet in this area)
1st floor: Conference/Dining area
3000 New Bern Avenue
Raleigh, NC  27610

Reidsville, NC

Rockingham County Brain Injury Support Group  casey.cockerham@conehealth.com
3rd Tuesday of each month:  7:00 pm – 8:00 pm

730 S. Scales Street
Reidsville, NC  27320

Rocky Mount, NC

Emily Ellis Brain Injury and Stroke Support Group  Tabitha Jackson: (252) 962 – 3711
Each Thursday, 5:00-6:00 PM  tnjackson@nhcs.org

Bryant T. Aldridge Rehab Center  (Bridge Gym Area)
2400 Medpark Drive
Rocky Mount, NC  27804

Salisbury, NC

Rowan County Brain Injury Support Group  Nadine Cherry: (980) 622 – 7732
Meet:  4th Thursday of every month, 7:00-9:00 PM.  NCherry@ctc.net

ARC office
108 Dorsett Drive
Salisbury, NC 28144
**Wilmington, NC**

*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

**Morgan Lankford: (910) 667-7062**
juxon.lankford@nhrmc.org

**Kelsey Lucas: (910) 667-6505**
Kelsey.lucas@nhrmc.org,

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**Winston-Salem, NC**

Group not meeting currently:  Call if interested!

**Kitty Barringer: (336) 713 – 8582**
kitty.barringer@bianc.net