BRAIN INJURY SUPPORT GROUPS

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.

The groups listed on this page are statewide support groups, hosted by the Brain Injury Association of NC (BIANC), that are meeting virtually. For information about specific support groups in your area, please reference support group information beginning on next page.

**Weekly Virtual Brain Injury Support Group Meeting:** Meets every Thursday at 3:00 p.m.
Co-leaders: Jordan Slade (jordnfs87@gmail.com)
Susan Fewell (susan.fewell@bianc.net)
Betty Lilyquist (sunzon@nc.rr.com)
Email leader(s) for link to meetings and to receive reminders and monthly newsletter.
Targeted members: Persons living with brain injury, Family Members, Caregivers, and Professionals.

**Monthly Statewide Virtual BI Meeting: Caring for the Carer**
Meets the 3rd Tuesday of each month. Sign in at 11:00am-12:30 pm OR sign in at 6:00-7:30 pm
Contact Susan Fewell (susan.fewell@bianc.net) for meeting topics and live link to meeting.
Targeted members: Spouses, Family members, and People caring for someone with a brain injury
Email leader for topics and guest hosts/speakers for this group for 2021.

**Weekly Statewide Back 2 School: Brain Injury Study Group**
First Meeting: Sunday, February 7, 2021 at 12:00 noon
Contact Anna Kristen Lara (akpoteat@gmail.com)
Targeted members: Persons with Brain Injury enrolled in school or thinking of going to school or caregivers or professionals helping others with educational pursuit at all levels and fields
The purpose is to build a support system for individuals pursuing education after brain injury.

Why attend a brain injury support meeting?

- Find others who are walking on a similar ‘journey’
- Emotional healing through interpersonal contact, and to know you are not alone
- Encouragement while learning about achievements of others
- A sense of safety in a supportive, non-judgmental environment
- Decrease in isolation through connections to others in the group
- A place to share struggles, triumphs and fears
- Self-awareness through opportunities to talk about your injury and feelings
- Strengthens quality of life, treated as family
- Addresses behavioral health and coping strategies and study tips
- Education through speakers and exchange of personal experiences
- Cognitive enhancement through games, challenges and trivia
- Help others who may need support
Please Note: Many support groups are not meeting in person due to Covid-19. Please contact the leader to see if the group is meeting virtually. If meeting virtually, be sure to ask for a link to join a virtual meeting or to be added to email list for that group.

**Asheville, NC**

**Western NC Brain Injury Support Network**
Karen Keating: (828) 337-0208  karen.keating@bianc.net

Meets: 1st and 3rd Wednesdays – 4:00-5:00 pm
CarePartners Health Services (Family Conference Room)
68 Sweeten Creek Rd
Asheville, NC  28803

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

**Chapel Hill, NC**

**UNC Rehabilitation Brain Injury Support**
Blaise Morrison, PhD, CRC:  (919) 843-7385  blaise_morrison@med.unc.edu

Third Wednesday of each month, 1:00 – 2:00 pm
Center for Rehabilitation Care
1807 North Fordham Boulevard
Chapel Hill, NC 27514

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

**Charlotte, NC**

**Charlotte Area Brain Injury Alliance**
Sally Rickard  sally.rickard@bianc.net  (704) 355 – 2620

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

**Meeting weekly at 2:00 pm virtually due to Covid. Contact Group leader for link to meeting.**

**Charlotte, NC**

**Couples Night Out/Spouse Support**
Barbara Westphal:  (704) 547 – 1563  wwestpha@bellsouth.net

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)

**Charlotte, NC**

**LOBIS: Loved Ones of Brain Injury Survivors**
Renee Johnson  (980) 263-9670  Triumphservices365@gmail.com

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

**Meeting virtually due to Covid. Contact Group leader for link to meeting.**
<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Person(s)</th>
<th>Phone Number(s)</th>
<th>Email(s)</th>
<th>Meeting Time &amp; Details</th>
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</thead>
<tbody>
<tr>
<td>Fayetteville, NC</td>
<td>Ellen Morales: (910) 309 - 4860</td>
<td><a href="mailto:therosecenter@nc.rr.com">therosecenter@nc.rr.com</a></td>
<td>Fayetteville Brain Injury Support Group</td>
<td>2nd Tuesday of each month, 6:30 – 8:00 pm</td>
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<td>ServiceSource</td>
<td>600 Ames Street</td>
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<td>Fayetteville, NC 28301</td>
<td><strong>Meeting virtually due to Covid. Contact Group leader for link to meeting.</strong></td>
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<tr>
<td>Gastonia, NC</td>
<td>Patricia (Pat) Haithcox: (704) 736 – 5307</td>
<td><a href="mailto:phaithcox@comserve.org">phaithcox@comserve.org</a></td>
<td>Gastonia Brain Injury Support Group</td>
<td>Third Tuesday of the month, 6:00 pm – 7:00 pm</td>
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<td>Serves Gaston, Lincoln &amp; Cleveland counties</td>
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<td>1541 Delta Drive</td>
<td>Gastonia, NC 28052</td>
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<td>Goldsboro, NC</td>
<td>Pier Protz, CBIS: (919) 394 – 1091</td>
<td><a href="mailto:piertarrant@renulife.org">piertarrant@renulife.org</a></td>
<td>Wayne County Brain Injury Support Group</td>
<td>2nd Saturday of each month, 10:00 – 11:30 am</td>
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<td>Peggy Seegars Senior Center</td>
<td>Goldsboro, NC 27533</td>
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<td>Martha Brown, CBIS: (252) 481 – 5679</td>
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<td>Greenville, NC</td>
<td>Lindsay Sparrow, RN, CBIS</td>
<td><a href="mailto:lindsay.sparrow@vidanthealth.com">lindsay.sparrow@vidanthealth.com</a></td>
<td>Pitt County and area BI Support Group</td>
<td>4th Wednesday of each month at 6:00 pm</td>
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<td>Alex Kinney, Recreation Therapist</td>
<td><a href="mailto:Akinney@vidanthealth.com">Akinney@vidanthealth.com</a></td>
<td>*Group currently not meeting – contact Nina Kalleh for resources and information</td>
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<td><strong>Contact Group leader(s) for link to meeting.</strong></td>
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<td>Haw River, NC</td>
<td>Tiffany McCullock: (336) 264-8001</td>
<td><a href="mailto:danceintheson@nc.rr.com">danceintheson@nc.rr.com</a></td>
<td>Burlington / Mebane TBI Warrior Support Group</td>
<td>2nd Monday of each month, 6:30 PM – 8:00 PM</td>
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<td>The Lambs Chapel</td>
<td>Haw River, NC 27258</td>
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<td>Henderson, NC</td>
<td>Nina Kalleh: (919) 810 – 7507</td>
<td><a href="mailto:ninataylorkalleh@gmail.com">ninataylorkalleh@gmail.com</a></td>
<td>Kerr Lake Support Group (Franklin, Granville, Warren, Vance counties)</td>
<td>*Group currently not meeting – contact Nina Kalleh for resources and information</td>
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<td>Hickory, NC</td>
<td>Travis Glass: (828) 781-0778</td>
<td><a href="mailto:travis@crossroadscounseling.org">travis@crossroadscounseling.org</a></td>
<td>Hickory Brain Injury Support Group</td>
<td>4th Tuesday each month, 6:00 – 7:30 pm</td>
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<td>First United Methodist Church</td>
<td>Hickory, NC 28601</td>
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Help, Hope, and a Voice

High Point/Greensboro, NC
Greensboro/High Point Brain Injury Support Group
1st and 4th Monday of each month, 2:00 – 3:00 pm
1st Monday Virtual Zoom meeting
4th Monday (In-Person meeting) Rehab Without Walls
4008 Mendenhall Oaks Pkwy, Suite 101
Kelly Groft: (336) 697-6150
Kelly.Groft@rehabwithoutwalls.com
Susan Fewell 919-618-3003
susan.fewell@bianc.net
Kitty Barringer
kitty.barringer@bianc.net
**Meeting virtually the 1st Monday of each month due to Covid. Contact Group leader for link to virtual meeting. In-person meeting held the 4th Monday of each month at Rehab Without Walls.

Huntersville, NC
Caregiver Group (Call for detail
Meets at Hinds’ Feet Farm

Jefferson, NC
Wylene Taylor 336-246-4542
wtaylor@daymarkrecovery.org
**Jefferson Group currently not meeting – Contact Wylene Taylor for regional resources/information.

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

Monroe, NC
Union County Area Brain Injury Support Network
1st Monday of each month at 6:00 p.m.
Carolinbas 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) info@woundedwarriorproject.org
This is for Veteran or Family support for those who served or received their injuries or illnesses on or after 9-11-2001.

New Bern, 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
Amy Davis
Phone: (252) 670 – 6625
Raleigh, NC (Now Statewide)  
**Triangle Brain Injury Support Group** (Everyone welcome)  
3rd Tuesday of each month, 6:30 – 8:00 pm  
WakeMed Rehab Hospital (currently closed to visitors)  
1st floor: Conference/Dining area  
3000 New Bern Avenue  
Raleigh, NC 27610  
*Meeting virtually each Thursday at 3 p.m. due to Covid. Open to Statewide membership. Contact Group leader for link to meeting.*

Jordan Slade  
jordnfs87@gmail.com  
Betty Lillyquist  
sunzonn@nc.rr.com  
Susan Fewell  
Phone: (919) 618 - 3003  
susan.fewell@bianc.net

**Reidsville, NC**  
**Casey Cockerham, PTA, LMBT, CBIS**  
336-552-4696  
Rockingham County Brain Injury & 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.*

**Rocky Mount, NC**  
**Tabitha Jackson:** (252) 962 – 3711  
**Emily Ellis Brain Injury and Stroke Support Group**  
Each Thursday, 5:00-6:00 PM  
Bryant T. Aldridge Rehab Center (Bridge Gym Area)  
2400 Medpark Drive  
Rocky Mount, NC 27804

**Swansboro, NC – Onslow County and 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  
Family Life Center – Room 212  
614 W. Corbett Avenue  
Swansboro, NC 28584  
*Meeting virtually due to Covid. Contact Group leader for link to meeting.*

**Wilmington, NC**  
**Morgan Lankford:** (910) 667-7062  
**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 due to Covid. Contact Group leader for link to meeting.*
Winston-Salem, NC
Peer-to-Peer Support/Information Group
Novant Rehabilitation Hospital
2475 Hillcrest Center Circle
Winston-Salem, NC 27103
Meets: 2nd Tuesday of each month at 7:00 p.m.
**Meeting virtually due to Covid. Contact Group leader for link to meeting.

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 Coffee shop group or a Recreational or Wellness group going (virtually or in-person) to encourage fitness or offer more ‘face’ time or social interactions?
Contact susan.fewell@bianc.net or bianc@bianc.net and we will help you get started.