

## 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](mailto:jordnfs87@gmail.com))

Susan Fewell ([susan.fewell@bianc.net](mailto:susan.fewell@bianc.net))

Betty Lilyquist ([sunzon@nc.rr.com](mailto: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 3<sup>rd</sup> 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](mailto: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](mailto: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?

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| <ul style="list-style-type: none"> <li>• Find others who are walking on a similar 'journey'</li> <li>• Emotional healing through interpersonal contact, and to know you are not alone</li> <li>• Encouragement while learning about achievements of others</li> <li>• A sense of safety in a supportive, non-judgmental environment</li> <li>• Decrease in isolation through connections to others in the group</li> <li>• A place to share struggles, triumphs and fears</li> </ul> | <ul style="list-style-type: none"> <li>• Self-awareness through opportunities to talk about your injury and feelings</li> <li>• Strengthens quality of life, treated as family</li> <li>• Addresses behavioral health and coping strategies and study tips</li> <li>• Education through speakers and exchange of personal experiences</li> <li>• Cognitive enhancement through games, challenges and trivia</li> <li>• Help others who may need support</li> </ul> |
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**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*  
Meets: 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays – 4:00-5:00 pm  
CarePartners Health Services (Family Conference Room)  
68 Sweeten Creek Rd  
Asheville, NC 28803

**Karen Keating: (828) 337-0208**  
[karen.keating@bianc.net](mailto:karen.keating@bianc.net)

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

**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

**Blaise Morrison, PhD, CRC: (919) 843-7385**  
[blaise\\_morrison@med.unc.edu](mailto:blaise_morrison@med.unc.edu)

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

**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**  
[sally.rickard@bianc.net](mailto:sally.rickard@bianc.net)  
**(704) 355 – 2620**

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

**Charlotte, NC**

*Couples Night Out/Spouse Support*  
Meets: Third Saturday at 5:30 pm (Jan, March, May, Sept. and November)

**Barbara Westphal: (704) 547 – 1563**  
[wwestpha@bellsouth.net](mailto:wwestpha@bellsouth.net)

**Location:** John's Family Restaurant on Westinghouse Blvd., Charlotte (Contact leader for 'Covid' plans)

**Charlotte, NC**

*LOBIS: Loved Ones of Brain Injury Survivors*  
Meets: 1<sup>st</sup> 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

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

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



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**Fayetteville, NC**

*Fayetteville Brain Injury Support Group*

2nd Tuesday of each month, 6:30 – 8:00 pm

ServiceSource

600 Ames Street

Fayetteville, NC 28301

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

**Ellen Morales: (910) 309 - 4860**

therosecenter@nc.rr.com

**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**

**Greenville, NC**

*Pitt County and area BI Support Group*

4<sup>th</sup> Wednesday of each month at 6:00 pm

**\*Group meeting virtually due to Covid.**

**\*\*Contact Group leader(s) for link to meeting.**

**Lindsay Sparrow, RN, CBIS**

lindsay.sparrow@vidanthealth.com

**Alex Kinney, Recreation Therapist**

Akinney@vidanthealth.com

**Haw River, NC**

*Burlington / Mebane TBI Warrior Support Group*

2<sup>nd</sup> Monday of each month, 6:30 PM – 8:00 PM

The Lambs Chapel

415 Roxboro Street

Haw River, NC 27258

**Tiffany McCulloch: (336) 264-8001**

danceintheson@nc.rr.com

**Henderson, NC**

*Kerr Lake Support Group (Franklin, Granville, Warren, Vance counties)*

\*Group currently not meeting – contact Nina Kalleh for resources and information

**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 3<sup>rd</sup> Ave NE

Hickory, NC 28601

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

**Travis Glass: (828) 781-0778**

travis@crossroadscounseling.org



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**High Point/Greensboro, NC**

*Greensboro/High Point Brain Injury Support Group*

1<sup>st</sup> and 4<sup>th</sup> Monday of each month, 2:00 – 3:00 pm

1<sup>st</sup> Monday Virtual Zoom meeting

**4<sup>th</sup> Monday (In-Person meeting) Rehab Without Walls**

4008 Mendenhall Oaks Pkwy, Suite 101

High Point, NC 27265

**\*\*Meeting virtually the 1<sup>st</sup> Monday of each month due to Covid. Contact Group leader for link to virtual meeting. In-person meeting held the 4<sup>th</sup> Monday of each month at Rehab Without Walls.**

**Kelly Groft: (336) 697-6150**

Kelly.Groft@rehabwithoutwalls.com

**Susan Fewell 919-618-3003**

susan.fewell@bianc.net

**Kitty Barringer**

kitty.barringer@bianc.net

**Huntersville, NC**

*Caregiver Group (Call for detail)*

*Meets at Hinds' Feet Farm*

**704-992-1424**

**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.

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)*

This is for Veteran or Family support for those who served or received their injuries or illnesses on or after 9-11-2001.

**Phone: (888) 997 – 2586**

info@woundedwarriorproject.org

**New Bern, NC**

Coastal Brain Injury Support Group

1<sup>st</sup> 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**



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**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](mailto:jordnfs87@gmail.com)

**Betty Lilyquist**

[sunzon@nc.rr.com](mailto:sunzon@nc.rr.com)

**Susan Fewell**

**Phone: (919) 618 - 3003**

[susan.fewell@bianc.net](mailto:susan.fewell@bianc.net)

**Reidsville, NC**

Rockingham County Brain Injury & Stroke Support Group

Meets 3<sup>rd</sup> 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.**

**Casey Cockerham, PTA, LMBT, CBIS 336-552-4696**

[casey.cockerham@conehealth.com](mailto:casey.cockerham@conehealth.com)

**Rachel Pennington**

[rpennington@adtsrc.org](mailto:rpennington@adtsrc.org)

**Rocky Mount, NC**

*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

**Tabitha Jackson: (252) 962 – 3711**

[tnjackson@nhcs.org](mailto:tnjackson@nhcs.org)

**Swansboro, NC – Onslow County and Camp Lejeune**

*Brain Injury/Neuro Group*

Brain Injury Education group for everyone! Civilian/Military/Families

1<sup>st</sup> 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.**

**Susan Fewell: (919) 618 – 3003**

[susan.fewell@bianc.net](mailto:susan.fewell@bianc.net)

**Wilmington, NC**

*Wilmington Brain Injury Support Group*

2nd Monday of each month, 6:00 – 7:00 pm

New Hanover Rehabilitation Hospital

(1<sup>st</sup> floor lobby)

2131 South 17th Street

Wilmington, NC 28401

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

**Morgan Lankford: (910) 667-7062**

[Morgan.lankford@nhrmc.org](mailto:Morgan.lankford@nhrmc.org)

**Kelsey Lucas: (910) 667-6505**

[Kelsey.lucas@nhrmc.org](mailto:Kelsey.lucas@nhrmc.org)



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**Winston-Salem, NC**

Peer-to-Peer Support/Information Group  
Novant Rehabilitation Hospital  
2475 Hillcrest Center Circle  
Winston-Salem, NC 27103  
Meets: 2<sup>nd</sup> Tuesday of each month at 7:00 p.m.

**Denzil Strickland**

braininjurysurvivors@yahoo.com  
braininjurysurvivors.net  
336-399-9353  
dzstrick@gmail.com

**\*\*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](mailto:susan.fewell@bianc.net) or [bianc@bianc.net](mailto:bianc@bianc.net) and we will help you get started.**