

BRAIN INJURY SUPPORT GROUPS

Brain Injury support can be helpful after Concussion, Stroke, Car crash, Fall, Blast injury, TBI, tumor or other Acquired Brain injury. Brain injury support groups are important sources of support and information for persons living with brain injury, families, and professionals. These groups provide emotional support, networking opportunities, and invaluable advice for navigating the difficult path of recovery and healing after a brain injury.

The groups listed on this page are statewide support groups, hosted by the Brain Injury Association of NC (BIANC). These three statewide groups are meeting virtually. If you need help with zoom, contact susan.fewell@bianc.net for assistance or training.

Weekly Statewide Online Brain Injury Support Group Meeting : Meets on Zoom- Thursday at 3:00 p.m.

Co-leaders: Jordan Slade (jordnfs87@gmail.com)

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

Betty Lilyquist (sunzon@nc.rr.com)

Email leader(s) for link to meetings and to receive reminders.

Targeted members: Persons living with brain injury, Family Members, Caregivers, and Professionals.

Weekly Statewide Back2School: Brain Injury Education/Teaching/Parenting Journey Group

Meeting every Sunday at 12:00 noon. Email susan.fewell@bianc.net for live link.

or call Susan Fewell at 919 618 3003

Targeted members: Persons with Brain Injury enrolled in school or thinking of going to school or in teaching/parenting pursuits, caregivers helping others with educational pursuit at all levels and fields.

The purpose is to build a support system for individuals pursuing education/learning after brain injury.

We are discussing Tools and Lessons from a book written by a NC Author: The Journey Back.

Monthly Statewide Virtual BI Meetings: Caring for the Carer

Meets the 3rd Tuesday of each month. Sign in at 11:00am-12:00 pm

Contact Susan Fewell (susan.fewell@bianc.net) or call 919-618 3003 for live link to meeting(s).

Targeted members: Spouses, Family members, and People caring for someone with a brain injury

Why attend a brain injury support meeting?

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| <ul style="list-style-type: none"> • Find others who are facing similar challenges • Emotional healing through interpersonal contact, and to know you are not alone • Encouragement • A sense of safety in a supportive, non-judgmental environment • Decrease in isolation through connections to others • A place to share struggles, triumphs and fears • Learn about resources that helped others | <ul style="list-style-type: none"> • Self-awareness through opportunities to talk about your injury and feelings • Strengthens quality of life • Addresses behavioral health and coping strategies and study tips • Education through speakers and exchange of personal experiences • Cognitive enhancement through games, challenges and trivia |
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919.833.9634

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Note: Support groups may not be meeting in person due to Covid-19. Please contact the leader to see if the group is meeting virtually or has changed location. Be sure to ask for a link to join a virtual meeting or to be added to email list for that group. You may want to visit several groups.

EASTERN 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
* **Call leader to see if meeting in person during Covid**

Amy Davis: Phone (252) 670 – 6625

Onslow County area/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, Swansboro, NC 28584
****Meeting virtually on Zoom platform due to Covid. Contact Group leader for link to meeting.**

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

Pitt County: Greenville, NC area Brain Injury Support Group

4th 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, LRT/CTRS, CBIS
Akinney@vidanthealth.com
Susan Fewell (919) 618 3003

Pitt County: Greenville, NC area Stroke Support Group

2nd Thursday each month: 6:00pm
***Contact leader for link to Virtual meeting**

Michele Horvath (252) 847-0571
Michele.horvath@vidanthealth.com

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
* **Contact leader to see if meeting in person**

Tabitha Jackson: (252) 962 – 3711
tnjackson@nhcs.org

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
***Contact leader to get specific information and to get meeting reminders**

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

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 and in person. Contact Group leader for link to meeting**

Morgan Lankford: (910) 667-7062
juxonmorgan@gmail.com
Kelsey Lucas: (803) 348-2631
Kelsey.lucas@nhrmc.org

Other possible resources for Stroke:

<https://www.nhrmc.org/events/intranet/support-groups-and-classes/stroke-support-group>



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WESTERN NC

Ashe County (Jefferson, NC)

Wylene Taylor 336-246-4542

wtaylor@daymarkrecovery.org

***Jefferson Group currently not meeting – Contact Wylene Taylor for regional resources/information.**

Hickory Brain Injury Support Group

Travis Glass: (828) 781-0778

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

travis@crossroadscounseling.org

***Check Support group Facebook page (Hickory Brain Injury Support Group) and see what they are doing.**

<https://www.facebook.com/HickoryBISG> for details of meeting and plans

****Contact Group leader or look at Facebook page to see if meeting in person or virtual meeting.**

Western NC Brain Injury Support Network

Karen Keating: (828) 337-0208

Meets: 1st and 3rd Wednesdays – 4:00-5:00 pm

karen.keating@bianc.net

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

**** Based in Asheville, NC**

Western NC Veterans Support Group

Alisa Early, LCSW

Meets 1st and 3rd Tuesday – 1:00-2:00 pm

alias.early@va.gov or call 828-785-8054

***Meeting virtually so open to statewide at this time, Must be Veteran enrolled in VA.**

Other possible resources for stroke: Please contact group leader for information

<https://www.stroke.org/en/stroke-groups/stroke-support-group-of-wnc>

NORTH CENTRAL NC

Alamance County (Burlington) TBI Warrior Support Group

Tiffany McCulloch: (336) 264-8001

2nd Monday of each month, 6:30 PM – 8:00 PM

danceintheson@nc.rr.com

The Lambs Chapel, 3539 Alamance Road, Burlington, NC 27215

***Meeting in person, Contact leader for specific information**

Forsythe County: Peer-to-Peer Support/Information Group

Denzil Strickland 336-7057795

Meets: 2nd Tuesday of each month at 7:00 p.m.

braininjurysurvivors@yahoo.com

Winston-Salem, NC 27103

Website: www.braininjurysurvivors.net

Our focus is on getting better through peer-to-peer support, information and tools for improvement.

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

Guilford County (Greensboro BI Support Group at Cone Health)

Cherie Grunenberg, PT, DPT

2nd Tuesday of each month 4-5:00 pm

cherie.grunenberg2@conehealth.com

Cone Health (Park Main visitor parking deck/go in Main entrance, go to North Tower Elevators on Left/ go to Room #N102 on first floor (Meeting in person)

***Contact Group leader to be sure in-person meetings are still taking place due to Covid**



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Orange County (Chapel Hill, NC)

UNC-C 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

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

Blaise Morrison, PhD, CRC: (919) 843-7385

blaise_morrison@med.unc.edu

Orange County: Chapel Hill Stroke Group

2nd Wednesday each month at 1:00-2:00 pm

***For Individuals after Stroke: Contact leader for virtual link**

Blaise Morrison, PhD, CRC: (919) 843-7385

blaise_morrison@med.unc.edu

Rockingham County BI & 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.**

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

casey.cockerham@conehealth.com

Rachel Pennington *rpennington@adtsrc.org*

Wake County: TBI Coffee Club Support Group

3rd Thursday monthly: 10:30am - 12 noon

***Contact leader for location: Have met at Starbucks, Barnes and Noble, Bond Park and at the Finley YMCA**

Judy Kinnally

jkspeech3@gmail.com

Other resources for stroke, aneurysm and brain injury

<https://www.wakemed.org/care-and-services/rehab-and-physical-therapy/support-groups/brain-aneurysm-and-avm-support-group>

<https://www.med.unc.edu/neurology/divisions/stroke/stroke-support-groups/>

<https://www.joeniekrofoundation.com/patient-caregiver-support/support-groups/locations/>

<https://local.aarp.org/event/brain-aneurysm-avm-and-hemorrhagic-stroke-support-group-2021-10-21-greensboro-nc.html>

SOUTH CENTRAL, NC

Cabarras County : Concord Brain Injury Support Group

3rd Monday of each month 6-7:30 pm

Carolinas Rehabilitation NorthEast

487 Lake Concord Road NE, Concord, NC 28520

***For In-Person: Park/Come in main entrance, Group meeting is off the main lobby, look for signs.**

*** Call first to confirm meeting location**

Stacey Ellis-Antisdel 704-403-0129

Stacey.EllisAntisdel@atriumhealth.org

Cumberland County: 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



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Gaston, Lincoln & Cleveland Counties (Gastonia, NC)

Third Tuesday of the month, 6:00 pm – 7:00 pm
ComServ, 1541 Delta Drive, Gastonia, NC 28052

***Contact Group leader for meeting information**

Patricia (Pat) Haithcox: (704) 736 – 5307

phaithcox@comserve.org

Shanda Daniels: (704) 772 – 4291

Iredell County: Lake Norman Brain Injury Support Network

4th Monday of each month, 7:00 – 8:30 pm

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

***Contact leader to see if meeting in person or virtually: *Group does not meet in May or December**

Sylvia Whitmire: (704) 224 – 6069

sylvia@brainrehabspecialist.com

Mecklenburg County area groups

Charlotte Area Brain Injury Network

Meeting weekly on Tuesdays at 2:00 pm virtually.

***Contact Group leader for link to Zoom meeting.**

Sally Rickard, CBIST (704) 355- 2620

Sally.rickard@atriumhealth.org

Couples Night Out/Spouse Support

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)**

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

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

Renee Johnson (980) 263-9670

Triumphservices365@gmail.com

Sponsored by: Triumph Services

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

***Contact group leader to see if meeting in person or virtual options**

Laura Gray: (704) 578 – 5043

lauragraySLP@gmail.com

Other resources for Stroke, Aneurism and Brain injury:

<https://www.stroke.org/en/stroke-groups/young-stroke--aneurysm-support-group>

<https://atriumhealth.org/documents/rehabilitation/Stroke-Support-Group-All-locations.pdf>

<https://www.novanthealth.org/healthy-headlines/a-stroke-survivor-builds-a-new-community-of-help>

https://www.capefearvalley.com/patients/support_groups.html

<https://www.joeniekrofoundation.com/patient-caregiver-support/support-groups/locations/>

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, Mindfulness, 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 call 919-618 3003 and I will help you get started.