



Brain Injury support can be helpful after Concussion, Stroke, Aneurysm, Car crash, Fall, Blast injury, TBI, tumor or other Acquired Brain injury. Brain injury support groups are important sources of support for persons living with brain injury, families, professionals. Contact bianc@bianc.net for assistance

Statewide Virtual Support Groups

Support Group Name

Contact

Statewide Brain Injury Support Group
Weekly, Thursdays: 3 pm - 4pm

Kathryn Bumgarner/Betty Lilyquist
kbumgarner@gatewayclubhouse.org
919-218-6645

Brain Injury: Caring for the Carer
Monthly 3rd Tuesday from 11 am to 12 pm

Patricia Kay Reyna
preyna01@my.gcu.edu
336 212 1878

Creative Conversations in the Moment
Weekly Monday from 6:30 pm to 8:00 pm

Kitty Barringer/Dave Cecil
kbarringer@binac.net
336-906-9127

The Story I'll Tell
Weekly Wednesday from 7 pm to 8 pm

Shernice Martin
shmartin1999@gmail.com
919-830-2159

Spanish Speaking Brain Injury group
Weekly Monday from 4 pm to 5 pm

Desiree Gorbea-Finalet
desiree.gorbeafinalet@disabilityrightsn.org
743-895-0032

Justice Involved Experience group
Bimonthly 1st and 3rd Tuesday 2:15 pm
to 3:15 pm

Desiree Gorbea-Finalet
desiree.gorbeafinalet@disabilityrightsn.org
743-895-0032

Creative Writing group
Weekly Wednesday from 10 am to 12 pm

Kitty Barringer/Dave Cecil
kbarringer@binac.net
336-906-9127



Eastern NC Support Groups

Support Group Name

Contact

Craven County: Coastal Brain Injury group
Monthly 1st Saturday from 10 am to 12 pm

Amy Davis
252-670-6625
1309 McCarthy Blvd. New Bern, NC 28526

Nash County: Emily Ellis BI and Stroke group
Monthly Last Thursday of month from 3:00 pm
to 4pm

Tabitha Jackson
tnjackson@nhcs.org
252-962-3711
2400 Medpark Dr. Rocky Mount, NC 27804

New Hanover County: Wilmington BI group
Monthly 2nd Monday from 6 pm to 7 pm

Morgan Lankford/Kelsey Lucas
juxonmorgan@gmail.com
910-667-7062
2131 South 17th Street Wilmington, NC 28401

Onslow County: Camp Lejeune BI/Neuro
group
Monthly 1st Tuesday from 6 pm to 7:30 pm

Susan Fewell
sfewell99@gmail.com
919-618-3003
614 W Corbett Ave. Swansboro, NC 28584

Pitt County: Greenville BI group Monthly
4th Wednesday from 6 pm to 7 pm

Lindsay Sparrow/Alex Kinney
lasparrow22@gmail.com / 252-241-9779
akinney@ecuhealth.org / 252-847-6878
**Virtual please email leaders for link*

Pitt County: Greenville Stroke and Brain
Injury group
Meets every other month on 2nd Thursday
from 11 am to 12 pm

Michele Horvath michele.horvath@ecuhealth.org
252-847-0571
2100 Stantonsburg Road ECU Medical Center
Rehab Classroom

Brain Injury/Stroke Group
Meets every 1st Monday of each month

Danielle Draut
ddraut@carolinaeasthealth.com
252-633-8020
2000 Neuse Blvd. New Bern 28560 at the Rehab
Center (Not main hospital)



Central Raleigh/Triangle NC Support Groups

Support Group Name

Contact

Cumberland County: Fayetteville Brain Injury group
Monthly 2nd Tuesday from 6:30 pm to 8 pm

Ellen Morales
therosecenter@nc.rr.com
910-309-4860
600 Ames Street Fayetteville, NC 28301
**Virtual and in person*

Orange County: UNC-C Rehab BI group
Monthly 3rd Wednesday from 11:30 am to 12:30 pm

Blaise Morrison
blaise_morrison@med.unc.edu
919-843-7385 / 984-974-9700
1807 Fordham Blvd. Chapel Hill
**Virtual and in person*

Orange County: Chapel Hill Stroke group
Monthly 2nd Wednesday from 11:30 am to 12:30pm

Blaise Morrison
blaise_morrison@med.unc.edu
919-843-7385 / 984-974-9700
1807 Fordham Blvd. Chapel Hill
**Virtual and in person*

Wake County: Cary, NC BI and Stroke group
Monthly 2nd Thursday from 6 pm to 8 pm

Joe Dehart
joedehart2000@yahoo.com
919-855-8079
1900 Kildaire Farm Rd. Cary, NC 27518/ Wakemed Hospital

Wake County: Zebulon, ZWK BI group
Monthly 2nd Thursday from 6 pm to 8 pm

Dunella Jones
dunellaj@gmail.com
919-670-9610 / 919-880-3774
400 N Arendell Ave. Zeublou, NC 27597

Wake County: TBI Coffee Club group
Monthly 3rd Thursday from 10:30 am to 1 pm

Judy Kinnally
jkspeech3@gmail.com
919-740-2383
**Contact leader for location*

Wayne County: BI group
Monthly 2nd Saturday from 10 am to 11:30 am

Pier Protz
pierprotz@renulife.org
919-394-1091
2001 E. Ash St. Goldsboro, NC 27533



Triad NC Support Groups

Support Group Name

Contact

Alamance County: Burlington TBI Warrior Group
Monthly 2nd Monday from 6:30 pm to 8 pm

Tiffany McCulloch
danceintheson@nc.rr.com
336 264 8001
3539 Alamance Rd. Burlington, NC 27215

Forsythe County: Peer-to-Peer Support/Information group
Monthly 4th Tuesday from 6:30 pm to 9 pm

Denzil Strickland/Jessica Bruno
braininjurysurvivors@yahoo.com
336-705-7795
**Virtual, please contact leader for link*

Guilford County: Greensboro BI group
Monthly 2nd Tuesday from 4 to 5 pm

Cherie Grunenberg
cherie.grunenberg2@conehealth.com
256-345-5827 / 336-832-7000
3518 Drawbridge Pkwy Greensboro, NC 27410

Charlotte/Mecklenburg Support Groups

Support Group Name

Contact

Cabarrus County: Concord BI group
Monthly 3rd Monday from 6 pm to 7:30 pm

Stacey Ellis-Antisdell
stacey.ellisantisdell@atriumhealth.org
704-403-0129
487 Lake Concord Rd NE Concord, NC 28520

Catawba County: Hickory BI group
Monthly 4th Tuesday from 6 pm to 7:30 pm

Travis Glass
travis@crossroadscounseling.org
828-781-0778
facebook.com/hickorybisg for info

Charlotte Area Brain Injury Network
Weekly Tuesday from 2 pm to 3pm

Sally Rickard
sally.rickard@atriumhealth.org
704-355-2620
**Virtual, please contact leader for link*

Charlotte: Couples Night out/spouse support
Monthly 3rd Saturday starting at 5:30 pm

Barbara Westphal
wwestpha@bellsouth.net
704-547-1563
2002 Westinghouse Blvd. Charlotte, NC 28273



Support Group Name

Contact

Charlotte: LOBIS Loved ones of Brain Injury Survivors
Monthly 1st Saturday from 11 am to 12

Renee Johnson
triumphservices365@gmail.com
980-263-9670
**Virtual, please contact leader for link*

Rowan County: JL TBI AAF Monthly 1st
Thursday from 6 pm to 7pm

Nicole Steadman
jtbiaaf@outlook.com
704-640-0870
**Virtual, please contact leader for link*

Guilford County: Greensboro BI group
Monthly 2nd Tuesday from 4 to 5 pm

Cherie Grunenberg
cherie.grunenberg2@conehealth.com
256-345-5827 / 336-832-7000
3518 Drawbridge Pkwy Greensboro, NC 27410

Western NC Support Groups

Support Group Name

Contact

Buncombe County: Western BI Support Network
Bimonthly 1st and 3rd Wednesday from 4 to 5 pm

Karen Keating
kkeating828@gmail.com
828-337-0208
**Hybrid, please reach out to leader for information*

Western NC Veterans Group
Bimonthly 1st and 3rd Tuesday from 1 to 2 pm

Alisa Early
alisa.early@va.gov
828-785-8054
**Virtual, please contact leader*

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 new support group, or maybe 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 bianc@bianc.net