



# SUPPORT GROUPS

**Options are:  
Virtual  
In Person  
Hybrid**

## **Mondays**

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

Contact Kitty Barringer/Dave Cecil at [kbarringer@bianc.net](mailto:kbarringer@bianc.net) or 336-906-9127 for links. **VIRTUAL**

**International Support Group for Brain Injury Survivors and Caregivers /**

**Grupo de Apoyo Internacional para Sobrevivientes y Cuidadores de Lesiones Cerebrales**

Meets: 1st & 3rd Monday at 1PM ET, 12PM CT, 2PM. Contact: Desiree Gorbea-Finalet at [desiree.gorbea-finalet@disabilityrightsnc.org](mailto:desiree.gorbea-finalet@disabilityrightsnc.org) or 743-895-0032. **VIRTUAL**

**New Hanover County: Wilmington BI group**

Monthly 2nd Monday from 6 pm to 7 pm. Contact: Morgan Lankford/Kelsey Lucas at [juxonmorgan@gmail.com](mailto:juxonmorgan@gmail.com) or 910-667-7062.

**Alamance County: Burlington TBI Warrior Group**

Monthly 2nd Monday from 6:30 pm to 8 pm. Contact: Tiffany McCulloch at [danceintheson@nc.rr.com](mailto:danceintheson@nc.rr.com) or 336-264-8001 / 3539 Alamance Rd. Burlington, NC 27215

**Cabarrus County: Concord BI group**

Monthly 3rd Monday from 6 pm to 7:30 pm. Contact: Stacey Ellis-Antisdell at [stacey.ellisantisdell@atriumhealth.org](mailto:stacey.ellisantisdell@atriumhealth.org) or 704-403-0129 / 487 Lake Concord Rd NE Concord, NC

**Stroke Support Group - Cabarrus**

1st Monday every month 2-330 pm. Contact: [Lorrie.Hampton@AtriumHealth.org](mailto:Lorrie.Hampton@AtriumHealth.org)

## **Mondays Continued**

### **"Surviving to Thriving" Caregiver Support Group**

In person at Leon Levine Health Sciences Building in Boone on the first and third Monday from 12-1:30. Contact [strongme@appstate.edu](mailto:strongme@appstate.edu) for more information

### **Carolina East Health System, Aphasia/Stroke Support Group**

CarolinaEast Rehab Hospital, 2000 Neuse Blvd, New Bern. Monthly, 1st Monday from 12-1. Contact Daniel Draut: 252-633-8020.

### **Cone Health/Reidsville Brain Injury and Support Group: In Person & Virtual**

Monthly, 3rd Monday 130-3p. Contact Casey Cockerman at 336-951-4557. 104 N Washington St, Reidsville NC. **HYBRID**

## **Tuesdays**

### **Cone Health/Alamance County Support Group:**

Education Center, Alamance Regional Medical Center, 1240 Huffman Mill Road, Burlington. Monthly 4th Tuesday, Contact: 336-538-7500

### **Emily Ellis BI and Stroke Group**

Monthly, 4th Tuesday each month from 3:30 to 4:30. Contact: Tabitha Jackson at 252-962-3711 or [Tabitha.jackson@unchealth.unc.edu](mailto:Tabitha.jackson@unchealth.unc.edu). Meeting place: Bryant Aldridge Rehab center

**Onslow county area BI support group (Military and Civilian welcome)** Meets monthly on the first Tuesday each month (Virtual during the winter, In-person starting March of 2024) Leader: Susan Fewell, email [sfewell99@gmail.com](mailto:sfewell99@gmail.com) and cell is 919 618 3003 **HYBRID**

### **Brain Injury: Caring for the Carer \*Statewide & Virtual\***

*This group is for Family, Caregivers and staff providing care for those with brain injury.*

Monthly 3rd Tuesday from 11 am to 12 pm. Contact: Kay Reyna at [preyna01@my.gcu.edu](mailto:preyna01@my.gcu.edu) or 336-212-1878. Also, Susan Fewell at [sfewell99@gmail.com](mailto:sfewell99@gmail.com) or 919 618 3003. **VIRTUAL**

### **Cumberland County: Fayetteville Brain Injury Group**

Monthly 2nd Tuesday from 6:30 pm to 8 pm. Contact: [therosecenter@nc.rr.com](mailto:therosecenter@nc.rr.com) or at 910-309-4860 **VIRTUAL & IN PERSON**

## Tuesday Support Groups Continued

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

Monthly 4th Tuesday from 6:30 pm to 9 pm. Contact: Denzil Strickland or Jessica Bruno  
braininjurysurvivors@yahoo.com or 336-705-7795 **VIRTUAL**

### **Greensboro BI group**

Monthly 2nd Tuesday from 4 to 5 pm. Contact: braininjury.supportgroup@conehealth.com 256-345-5827/336-832-7000. Address: 3518 Drawbridge Pkwy Greensboro, NC 27410.

### **Hickory BI Support Group**

Monthly 4th Tuesday from 6 pm to 7:30 pm. Contact Travis Glass at  
[travis@crossroadscounseling.org](mailto:travis@crossroadscounseling.org) or 828-781-0778.

Check our more on [facebook.com/hickorybisg](https://facebook.com/hickorybisg) or [hickorybisg.org](http://hickorybisg.org).

### **Western NC Veterans Support Group**

Bimonthly 1st and 3rd Tuesday from 1 to 2 pm. Contact Alisa Early at [alisa.early@va.gov](mailto:alisa.early@va.gov)  
828-785-8054 **VIRTUAL**

### **Charlotte Area Brain Injury Network**

Weekly Tuesday from 2 pm to 3pm. Contact Sally Rickard at [sally.rickard@atriumhealth.org](mailto:sally.rickard@atriumhealth.org) or  
704-355-2620

## Wednesday Support Groups

### **Creative Writing Group**

Weekly Wednesday from 10 am to 12 pm. Contact Kitty Barringer/Dave Cecil at  
[kbarringer@bianc.net](mailto:kbarringer@bianc.net) or 336-906-9127

### **UNC-C Rehab BI Group**

Monthly 3rd Wednesday from 11:30 am to 12:30 pm. Contact Blaise Morrison at  
[blaise\\_morrison@med.unc.edu](mailto:blaise_morrison@med.unc.edu) or 919-843-7385/984-974-9700  
Address: 1807 Fordham Blvd. Chapel Hill

### **Chapel Hill Stroke Group**

Monthly 2nd Wednesday from 11:30 am to 12:30pm. Contact Blaise Morrison  
[blaise\\_morrison@med.unc.edu](mailto:blaise_morrison@med.unc.edu) or 919-843-7385/984-974-9700 **VIRTUAL**

# Wednesday Support Groups Continued

## WNC Brain Injury Support Network

1st and 3rd Wednesday from 4 to 5 pm. Contact Karen Keating at kkeating828@gmail.com or 828-337-0208.

## CR Aphasia Support Group

2nd Wednesday of every month. Contact Katharine Hoover at Katharine.Hoover@atriumhealth.org.

Address: Carolina Rehab Northeast, 487 Lake Concord Rd NE, Concord, NC

## "New Normal" Stroke, TBI and Movement Disorders Support Group

Monthly first Wednesdays from 1-2:30. In person at AppState Hickory Campus.

Contact strongme@appstate.edu for zoom option.

# Thursday Support Groups

## The Story I'll Tell

Weekly Thursday from 7-8 pm. Contact Shernice Martin at storyilltell0@gmail.com or 919-830-2159 **VIRTUAL**

## Statewide Brain Injury Support Group

Weekly Thursday from 3 pm to 4 pm. Contact: Kathryn Bumgarner kbumgarner@gatewayclubhouse.org or 919-218-6645 **VIRTUAL**

## Atrium Wake Forest Baptist Stroke Support Group

Sticht Center-Hubbard Learning Center, 1 Medical Center Blvd, Winston-Salem,

Fourth Thursday of the month (Jan-May, Sept-Oct). 5:30 pm-6:30 pm Contact Tara Scotland at 336-716-3023

## Greenville Stroke and Brain Injury Group

Meets monthly on the 2nd Thursday from 11 am to 12 pm. Contact: Michele Harvath at michele.harvath@ecuhealth.org or 252-847-0571 **VIRTUAL**

## Zebulon, ZWK BI Group

Monthly 2nd Thursday from 6 pm to 8 pm. Contact Dunella Jones at dunellaj@gmail.com or 919-670-9610. Address: 400 N Arendell Ave. Zeublton, NC 27597

Zebulon Baptist Church Building B behind church.

# Thursday Support Groups Continued

## BI Coffee Club Group

Monthly 3rd Thursday from 10:30 am to 1 pm. Contact Judy Kinnally at [jkspeech3@gmail.com](mailto:jkspeech3@gmail.com) 919-740-2383.

## Cary, NC BI and Stroke Group:

Monthly 2nd Thursday at 6 pm. Contact Libby Wilhelmson [lwilhelmson@bianc.net](mailto:lwilhelmson@bianc.net) 919 833 9634 ext 9

## Stroke Support Group Pineville:

Monthly 1st Thursday 2-3 pm. Contact: Danielle Smith at [Danielle.Rutledge@AtriumHealth.org](mailto:Danielle.Rutledge@AtriumHealth.org).

## Stroke Support Group Belmont:

Monthly 1st Thursday 2-3 pm. Contact Kali Cox at [Kali.Cox@atriumhealth.org](mailto:Kali.Cox@atriumhealth.org).

## National Legal Systems Support Group:

Monthly, 1st and 3rd Thursdays at 1 PM. Contact: Desiree Gorbea-Finalet at [desiree.gorbea-finalet@disabilityrightsn.org](mailto:desiree.gorbea-finalet@disabilityrightsn.org) or 743-895-0032 **VIRTUAL**

## Stroke Support Group- Charlotte:

First Thursday of the month from 2-3p Carolinas Rehabilitation Charlotte, 1100 Blythe Blvd., Charlotte, NC 28203

## Greater High Point Stroke Support Group:

Atrium High Point Medical Center. 3rd Thursdays 12-1. Contact Jerri Shephard: 336-781-2344

## Cone Health/Guilford County Stroke Support Group:

Monthly, 2nd Thursday of the month from 4-5 pm at 3518 Drawbridge Pkwy, Greensboro. Contact 336-832-7493

## Duke Health Stroke Support Group:

Monthly, 3rd Thursday of the month. 1-2:15p 3643 N Roxboro St, Durham. Contact Julie Webb and Melissa Freeman 919-470-7228 or 919-660-0096

# Thursday Support Groups Continued

## **ECU Health MC Stroke Support Network:**

Second Thursday of the month, 11-12. Classroom, 2100 Stantonsburg Rd, Greenville  
Contact Michele Horvath and Alex Kinney at 252-847-0571 or 252-847-6878.

**HCA Mission Health Stroke Survivor and Caregiver Support Group:** 4th Thursday of the month 2-3p. 1 Hospital Dr, Rm 6102, Asheville. Contact Jessica Martin and Melissa Hanrahan at 828-989-6182.

## **Novant Health Young Stroke & Aneurysm Support Group**

Fourth Thursdays 6-7:30. Contact Joanna Duda and Brittany Martin at 704-316-0095 **VIRTUAL**

## **UNC Healthcare Wayne, Stroke Support Group:**

2700 Wayne Memorial Dr, Goldsboro, Fourth Thursday every other month 5:30-6:30. Contact Carrie Stokes at 919-587-4885.

## **UNC Stroke Support Group (Sanford/Lee County):**

Lee County Enrichment Center, 1615 S. 3rd St, Sanford. Second Thursday of the month 1-2. Contact Joy Murphy at 910-818-3101

# Friday Support Groups

## **Asheville Aphasia Support Group:**

Biltmore Park Town Square, WCU Building- Room 345 28J. Contact Jessica Martin and Kate Kelleher. Contact 828-989-6182.

# Saturday Support Groups

Coastal Brain Injury group: Monthly 1st Saturday from 10 am to 12 pm. Contact: Amy Davis at 252-670-6625 for location.

Charlotte: Couples Night Out/Spouse Support:

Monthly 3rd Saturday at 5:30 contact Barbara Westphal at wwestpha@bellsouth.net or 704-547-1563.

# Saturday Support Groups Continued

## **Charlotte: LOBIS Loved Ones of Brain Injury Survivors VIRTUAL**

Monthly 1st Saturday from 11 am to 1pm. Contact: Renee Johnson at triumphservices365@gmail.com or 980-263-9670.

## **FirstHealth of the Carolinas Stroke Support Group:**

Clara McLean House 20 First Village Dr Pinehurst, NC 28374. Second Saturday of the month. Contact Ronda Davis and Kelly Frye at 910-715-1600.

## **Goldsboro BI support group:**

2nd Saturday of each month at the Peggy Seegars Senior Center located at 2001 E. Ash Street in Goldsboro. 10:00 to 11:45. Contact Pier Protz at 919-394-1091.

# Sunday Support Groups

## **The Brain Injury Caregiver Support Group**

Second and fourth Sunday of each month from 7:30-9:00 pm, severbicaregivers.com

## **Creative Expressions:**

Weekly Sunday from 12:30 pm to 2 pm. Contact: Kitty Barringer/Paul/ Dave Cecil at kbarringer@bianc.net or 336-906-9127. **VIRTUAL**

**Statewide Virtual Weekly Next Chapter BI Support group:** (for individuals with brain injury on their journey to the Next Chapter, whether work, school, home or being our best selves). Meets every Sunday on zoom 5:30-6:30pm. Contact Susan Fewell at sfewell99@gmail.com. **VIRTUAL**

**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 or call 919-833-9634 for assistance.**