



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 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 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 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 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 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

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 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. 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 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 or 336-212-1878. Also, Susan Fewell at 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 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: braininjurysupportgroup@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 or 828-781-0778.

Check our more on facebook.com/hickorybisg or 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
828-785-8054 **VIRTUAL**

Charlotte Area Brain Injury Network

Weekly Tuesday from 2 pm to 3pm. Contact Sally Rickard at sally.rickard@atriumhealth.org or
704-355-2620

WakeMed Stroke Support Group

Monthly 2nd Tuesday 12PM to 1PM in the Wakemed HealthPark Classroom. Contact Jaycie Frye
at jayfrye@wakemed.org or call 919-350-8113 for more information or to join virtually via Webex.

HYBRID

Wednesday Support Groups

Creative Writing Group

Weekly Wednesday from 10 am to 12 pm. Contact Kitty Barringer/Dave Cecil at
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 or 919-843-7385/984-974-9700

Address: 1807 Fordham Blvd. Chapel Hill

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.

Chapel Hill Stroke Group

Monthly 2nd Wednesday from 11:30 am to 12:30pm. Contact Blaise Morrison blaise_morrison@med.unc.edu or 919-843-7385/984-974-9700 VIRTUAL

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 919-740-2383.

Cary, NC BI and Stroke Group:

Monthly 2nd Thursday at 6 pm. Contact Libby Wilhelmson 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.

Stroke Support Group Belmont:

Monthly 1st Thursday 2-3 pm. Contact Kali Cox at 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 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 6-730. 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 530-630. 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

Sandhills TBI Support Group:

Clara McLean House (behind Pinehurst Surgical), 20 First Village Drive, Pinehurst NC. Second Thursday of the month. Zoom link available. Contact Sue Deutsch 910-639-9909

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.