BRAIN INJURY ASSOCIATION OF NORTH CAROLINA

SUPPORT GROUPS

The Brain Injury Association of North Carolina does not own or manage the listed support groups. These groups are consumer-led and are intended to provide a supportive outlet for brain injury survivors and their families. Attendees are encouraged to explore different groups to find the best fit as their needs evolve.

IN PERSON: MONDAY

Watauga County: "Surviving to Thriving" Caregiver Support Group
1st Monday of month/12pm to 1pm
Address: Leon Levine Health Sciences Building - Room 132
1179 State Farm Rd, Boone, NC
Contact: Mary Strong-strongme@appstate.edu
*This group is for Caregivers only

Craven County: Carolina East Health System, Aphasia/Stroke Support Group
1st Monday of month/12pm to 1pm
Address: CarolinaEast Rehab Hospital
2000 Neuse Blvd, New Bern, NC
Contact: Danielle Draut
Call: 252-633-8020

Cabarrus County: Concord/Brain Injury Group
3rd Monday of month/5pm to 6:30pm
Contact: Stacey Ellis-Antisdel-stacey.ellisantisdel@advocatehealth.org
Call: 704-403-0129
*Contact for address; Call ahead to confirm group is meeting

New Hanover County: Wilmington/Brain Injury Group
2nd Monday of month/6pm to 7pm
Contact: Morgan Lankford/Kelsey Lucas-juxonmorgan@gmail.com
Call: 910-667-7062
*Contact for address

Alamance County: Burlington/TBI Warrior Group
2nd Monday of every other month/6:30pm to 8pm
Contact: Tiffany McCullock
Call: 336-264-8001 (Call or Text)
*Contact for address

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IN PERSON: TUESDAY

Onslow County, Camp Lejeune, Morehead City:
Brain Injury and Neuro Group
1st Tuesday of month/6pm to 7pm
Address: St. Peter's By the Sea Episcopal Church
503 West Broad St, Swansboro, NC
Contact: Susan Fewell-
sfewell99@gmail.com
Call: 919 618 3003

Macon County: HCA Angel Hospital & Stronger Together Wellness Stroke Support Group
2nd Tuesday of month/2pm to 3pm
Address: Angel Medical Center
One Center Court Franklin, NC 28734
Contact: Matt McCoy-
mmccoy@strongertogetherwellness.com
Call: 818-623-0169

Guilford County: Greensboro BI Group
2nd Tuesday of month/4pm to 5pm
Address: 3518 Drawbridge Pkwy Greensboro, NC
Contact: braininjurysupportgroup@conehealth.com
Call: 256-345-5827/336-832-7000

Cumberland County: Fayetteville Brain Injury Group
2nd Tuesday of month/6:30pm to 8pm
Contact: Matthew Dumas -
matthew.dumas@employmentsource.org
Call: 910-973-2361
*Contact for address

Wake County: WakeMed Stroke Support Group
2nd Tuesday of month/12pm to 1pm
Address: WakeMed Health Park Classroom 3000
New Bern Avenue, Raleigh, NC
Contact: Jaycie Frye- jayfrye@wakemed.org
Call: 919-350-8113

IN PERSON: TUESDAY (CONT.)

Guilford County: Greater High Point Stroke Support Group
3rd Tuesday of month/12pm to 1pm
Address: Atrium High Point Medical Center 601 North Elm Street High Point, NC
Contact: Jerri Shepard
Call: 336-781-2344

Alamance County: Cone Health Support Group - CURRENTLY PAUSED
4th Tuesday of month/12pm to 1:30pm
Address: Kernodle Clinic
1234 Huffman Mill Rd. Burlington,NC 27215
Call: 336-538-7500

Nash County: Emily Ellis BI and Stroke Group
4th Tuesday of month/3:30pm to 4:30pm
Address: Bryant Aldridge Rehab Center 2400 Medpark Dr, Rocky Mount, NC
Contact: Tabitha Jackson-
Tabitha.jackson@unchealth.unc.edu
Call: 252-962-3711

Catawba County: Hickory BI Support Group
4th Tuesday of month/6pm to 7:30pm
Address: 311 3rd Ave NE, Hickory, NC
Contact: Travis Glass-
travis@neurogrowthcounseling.com
Call: 828-781-0778
Info: facebook.com/hickorybisg or hickorybisg.org

IN PERSON: WEDNESDAY

Buncombe County: WNC Brain Injury Support Network
1st and 3rd Wednesday of month/4pm to 5pm
Contact: Karen Keating-
kkeating828@gmail.com
Call: 828-337-0208
*Contact for address

Cabarrus County: CR Aphasia Support Group
2nd Wednesday of month/10am to 11am
Address: Carolina Rehab Northeast 487 Lake Concord Rd NE, Concord, NC
Contact: Katharine Hoover-
Katharine.Hoover@atriumhealth.org

IN PERSON: THURSDAY

Mecklenburg County: Stroke Support Group Pineville
1st Thursday of month/2pm to 3pm
Address: Pinevile Rehab Hospital 1st floor conference room
10648 Park Rd Charlotte NC 28210
Contact: Danielle Smith-
Danielle.smith3@advocatehealth.org

Mecklenburg County: Charlotte Area Brain Injury Network (CABIN) 1st Thursday of month/2pm to 3pm
Address: Carolinas Rehabilitation Charlotte 1100 Blythe Blvd., Charlotte, NC
Contact: Sally Rickard-
sally.rickard@advocatehealth.org

Wake County: Zebulon, ZWK BI Group - CURRENTLY PAUSED
2nd Thursday of month/6pm to 8pm
Address: Zebulon Baptist Church Building B 400 N Arendell Ave. Zebulon, NC
Contact: Dunella Jones-
dunellaj@gmail.com
Call: 919-670-9610

Guilford County: Cone Health Stroke Support Group
2nd Thursday of month/4pm to 5pm
Address: 3518 Drawbridge Pkwy, Greensboro, NC
Call: 336-832-7493

Pitt County: ECU Health MC Stroke Support Network 2nd Thursday of month/11am to 12pm
Address: Classroom, 2100 Stantonsburg Rd, Greenville, NC
Contact: Michele Horvath- Michele.Horvath@ecuhealth.org or
Alex Kinney- AKinney@ecuhealth.org

Wake County: WakeMed Cary Brain Injury Group - CURRENTLY PAUSED
2nd Thursday of month/6:30pm to 7:30pm
Address: WakeMed Cary Board Room
1900 Kildaire Farm Road Cary, NC
Contact: Andrea Briggs-
Andrea.b1709@outlook.com

IN PERSON: THURSDAY (CONT.)

Wake County: BI Coffee Club Group
3rd Thursday of month/10:30am to 1pm
Contact: Judy Kinnally- jkspeech3@gmail.com
Call: 919-740-2383
*Contact for address
Find us on Facebook and Instagram!

Sanford/Lee County: UNC Stroke Support Group
2nd Thursday of month/1pm to 2pm
Address: Lee County Enrichment Center
1615 S. 3rd St, Sanford, NC
Contact: Joy Murphy
Call: 910-818-3101

Durham County: Duke Health Stroke Support Group
3rd Thursday of month/ 1pm to 2:15pm
Address: 3643 N Roxboro St, Durham, NC
Contact: Julie Webb or Melissa Freeman
Call: 919-470-7228/919-660-0096

Buncombe County: HCA Mission Health Stroke Survivor and Caregiver Support Group
4th Thursday of month/2pm to 3 pm
Address: 1 Hospital Dr, Rm 3303, Asheville, NC
Contact: Jessica Martin or Melissa Hanrahan
Call: 828-989-6182/818-213-8732

Forsyth County: Atrium Wake Forest Baptist Stroke Support Group
4th Thursday of month/5:30pm to 6:30pm
Address: 4505 Country Club Rd., Suite #110, Winston-Salem, NC
Contact: Tara Scotland
Call: 336-716-3023

IN PERSON: FRIDAY & SATURDAY

Buncombe County: WNC Aphasia Support Group
Weekly (Friday)/10am to 11am
Address: Biltmore Park Town Square, WCU Building- 3rd Floor Room 345 28J
28 Schenck Parkway, Asheville, NC
Contact: Jessica Martin and Kate Kelleher-
Jessica.Martin1@HCAHealthcare.com; kmkelleher@wcu.edu
Call: 828-989-6182

Craven County: Coastal Brain Injury Group
1st Saturday of month/10am to 12pm
Contact: Amy Davis
Call: 252-670-6625
*Contact for address

Moore County: FirstHealth of the Carolinas Stroke Support Group
2nd Saturday of month/10am to 11 am
Address: Clara McLean House
20 First Village Dr. Pinehurst, NC
Contact: Ronda Davis and Kelly Frye
Call: 910-715-1600

Wayne County: Goldsboro BI Support Group
2nd Saturday of month/10am to 11:45 am
Address: Peggy Seegars Senior Center
2001 E. Ash Street in Goldsboro, NC
Contact: Pier Protz
Call: 919-394-1091

Mecklenburg County: Charlotte Couples Night Out/Spouse Support
3rd Saturday of month/5:30 pm
Contact: Barbara Westphal-
wwestpha@bellsouth.net
Call: 704-547-1563
*Contact for address

*All Eastern Standard Time

VIRTUAL: MONDAY & TUESDAY

Creative Conversations in the Moment
Weekly (Monday)/6:30pm to 8pm
Contact: Kitty Barringer/Dave Cecil-
kitty@bianc.net/ davedcecil@gmail.com
Call: 336-906-9127

International Support Group for Brain Injury Survivors and Caregivers /
Grupo de Apoyo Internacional para Sobrevivientes y Cuidadores de Lesiones Cerebrales
1st and 3rd Monday of month/1 pm
Contact: Desiree Gorbea-Finalet-
desiree.gorbea-finalet@disabilityrightsnc.org
Call: 743-895-0032

Mecklenburg County: Charlotte Area Brain Injury Network (CABIN)
Weekly (Tuesday)/2pm-3pm
Contact: Sally Rickard-
sally.rickard@advocatehealth.org

National Legal Systems Support Group
1st and 3rd Thursday of month/1pm
Contact: Desiree Gorbea-Finalet-
desiree.gorbea-finalet@disabilityrightsnc.org
Call: 743-895-0032

Western NC Veterans Support Group
1st and 3rd Tuesday of month/1pm to 2pm
Contact: Alisa Early-
alisa.early@va.gov
Call: 828-785-8054

Caring for the Carer Statewide Monthly Virtual Group
This group is for Family, Caregivers, and staff providing care for those with brain injury or stroke.
3rd Tuesday of month/11am to 12pm
Contact: Kay Reyna and Susan Fewell
kayreyna@gmail.com /sfewell99@gmail.com
Call: 336-212-1878/919 618 3003

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*All Eastern Standard Time

VIRTUAL: TUESDAY (CONT.)

The Reinventors
This group is for people who are 30 or younger who have sustained a brain injury
3rd Tuesday of month/4pm to 5pm PST
Contact: Vicky Fukuhara, MS, CCC-SP, CCM-
vfukuhar@comcast.net

Forsyth County: Peer-to-Peer Support/Information Group
4th Tuesday of month/6:30pm to 9pm
Contact: Denzil Strickland or Jessica Bruno-
braininjurysurvivors@yahoo.com
Call: 336-705-7795

*All Eastern Standard Time

VIRTUAL: WEDNESDAY & THURSDAY

Forsyth County: Peer-to-Peer Support/Information Group
4th Tuesday of month/6:30pm to 9pm Contact: Denzil Strickland or Jessica Bruno-
braininjurysurvivors@yahoo.com Call: 336-705-7795

Creative Writing
Weekly (Wednesdays)/10am
Contact: Kitty Barringer/Dave Cecil-
kitty@bianc.net/ davedcecil@gmail.com
Call: 336-906-9127

Statewide Brain Injury Support Group
Weekly (Thursday)/3pm to 4pm
Contact: Annette Mertz or Ryan Tate-
annettemertz1@gmail.com/rytrate2000@gmail.com
Call: 919-609-9860

The Story I'll Tell
Weekly (Thursday)/7pm to 8pm
Contact: Shernice Martin-
storyilltell0@gmail.com
Call: 919-830-2159

Novant Health Young Stroke & Aneurysm Support Group
4th Thursday of month/2:30pm to 3:30pm
Contact: Joanna Duda/Jean Aubin-
Jduda@novanthealth.org/jaubin@novanthealth.org
Call: 704-316-0095/704-316-6239

BRAIN INJURY ASSOCIATION OF NORTH CAROLINA

*All Eastern Standard Time

VIRTUAL: FRIDAY, SATURDAY, AND SUNDAY

Creative Mindfulness
Weekly (Friday)/10:30am
Contact: Kitty Barringer/ Dave Cecil-
kitty@bianc.net/ davedcecil@gmail.com
Call: 336-906-9127

Survivors Support Group
4th Friday of month/4pm
Contact: Dr. Glenn Johnson/Laura Hensley-
dr.johnson.dcrc@gmail.com/laurahensley47@yahoo.com

Charlotte: LOBIS Loved Ones of Brain Injury Survivors
1st Saturday of month/11am to 1pm
Contact: Renee Johnson-
triumphservices365@gmail.com
Call: 980-263-9670

Creative Expressions
Weekly (Sunday)/12:30pm
Contact: Kitty Barringer/ Dave Cecil-
kitty@bianc.net/ davedcecil@gmail.com
Call: 336-906-9127

Next Chapter Statewide Weekly Virtual Group
For individuals with brain injury on their journey to the Next Chapter, whether at work, school, home, or being our best selves.
Weekly (Sunday)/5:30pm to 6:30pm
Contact: Susan Fewell-
sfewell99@gmail.com

HYBRID

These groups have in-person and virtual options available

Rockingham County: Cone Health/Reidsville Brain Injury and Support Group: In Person & Virtual
3rd Monday of month/1:30pm to 3pm
Address: 104 N Washington St, Reidsville NC
Contact: Casey Cockerham-
casey.cockerham@conehealth.com

Cabarrus County: Stroke Support Group
2nd Wednesday of month/9:30am to 10:30am
Address: Atrium Health Carolinas Medical Center
1000 Blythe Blvd. Charlotte, NC 28203
Contact: Lorrie Hampton-
Lorrie.Hampton@AtriumHealth.org or
Leilani Tolentino
Call: 704-403-2430/704-403-4115

Durham/Orange County: Chapel Hill Stroke Group
2nd Wednesday of month/2pm to 3pm
Contact: Blaise Morrison-
blaise_morrison@med.unc.edu
Call: 919-843-7385/984-974-9700

Durham/Orange County: Chapel Hill UNC-C Rehab BI Group
3rd Wednesday of month/11:30am to 12:30pm
Address: 1807 Fordham Blvd, Chapel Hill, NC
Contact: Blaise Morrison-
blaise_morrison@med.unc.edu
Call: 919-843-7385/984-974-9700

Would you like to start a new Support Group in your area or for a specific area of interest? Could you help get a new support group started? Are you interested in speaking to Support Group leaders?
Contact bianc@bianc.net or call 919-833-9634 for assistance.

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