

Support Groups For People with Brain Injury & Their Families

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This list is provided for informational purposes. Only the group marked with an \* is affiliated with BIAV. Other groups have been established and are run by persons with brain injury, family, professionals and staff from other organizations serving people with brain injury and do not necessarily reflect the views or official position of BIAV.

### **Abingdon**

Meets on the first Saturday of the month from 12 to 2 PM for pot luck lunch & discussion at the Small Business Incubator: 851 French Moore Jr. Blvd., Abingdon. For more info contact Daphney Williams at (276) 492-2093 or [daphney@bisswva.org](mailto:daphney@bisswva.org)

### **Augusta County**

Meets on the 3<sup>rd</sup> Wednesday of the month; time and location depends on the activity. This group is for people with acquired brain injury & family. Contact Amber Hurley at 540-820-8981 or [amber@bicsv.org](mailto:amber@bicsv.org)

### **Alleghany County**

Meets on the 1<sup>st</sup> Thursday of the month from 2:00 to 3:00 PM at the Alleghany Highland YMCA, 101 YMCA Way, Covington. Contact Keith Simpson at 540-969-8406 or [riveratsimpson@yahoo.com](mailto:riveratsimpson@yahoo.com)

### **Blacksburg**

**New River Valley Brain Injury Support Group** Meets on the 2<sup>nd</sup> Tuesday of the month from 6-8 PM at the Lewis-Gale Montgomery Hospital, 3700 South Main St., the Birthing Center Meeting Rooms. Contact Terri Shelor, Speech Path. at 540-831-7196/ [tshelor@Radford.edu](mailto:tshelor@Radford.edu) or Heather Huxtable, OT at 540-961-4585

**Synapse Support Group at Virginia Tech** Meets on the 2<sup>nd</sup> & 4<sup>th</sup> Thursday of every month from 6:30 – 8:30 pm at the New Classroom Building on the Tech campus, 1455 Perry St. Blacksburg VA 24060. The group is open to anyone in the community who has been affected by brain injury, including students, community members, caretakers, family, friends, etc. For more information, please contact Lauren Haacke 703-298-0316/ [laurenkh@vt.edu](mailto:laurenkh@vt.edu) or Lucie Lefbom 571-429-1425/ [ltlefbom@vt.edu](mailto:ltlefbom@vt.edu) Website: [www.synapsevirginiatech.com](http://www.synapsevirginiatech.com)

### **Charlottesville –**

**Brain Injury Support Team** Meets on the 3<sup>rd</sup> Tuesday of the month from 6:30 to 8 PM at UVA/ Health South Rehab Hospital, First Floor Conf. room, 515 Ray C. Hunt Dr. Contact Carol Ragland at 434-969-4597 or [dblmiracle@hotmail.com](mailto:dblmiracle@hotmail.com)

**Bridgeline Support Group** Meets on the 1<sup>st</sup> Thursday every month from 5:30 to 7:00 pm at the IX Building, 953 2<sup>nd</sup> Street SE Ste. 410, Charlottesville 22902. Call 434-305-4988 or email [bisgcville@gmail.com](mailto:bisgcville@gmail.com) for more information.

## Chesapeake

**TBI Survivors and Thrivers** is a group designed primarily for brain injury survivors in their teens and twenties although everyone is welcome. Meets once a month with dates and locations rotating so more people have the opportunity to attend. Contact Debbie Ybarra at [tbisurvivorsandthrivers@gmail.com](mailto:tbisurvivorsandthrivers@gmail.com) or 757-373-9742

## Christiansburg/Radford Area

**Brain Injury Support Group** Meets on the 4th Wednesday of the month from 6-8pm at Carilion New River Valley Medical Center, 2900 Lamb Circle Christiansburg, VA 24073 in Fireside B conf. room (entrance 10). Contact Jessica Wisman at 540-731-2964 or [jilcartwrightwis@carilionclinic.org](mailto:jilcartwrightwis@carilionclinic.org). Group is for people with brain injury and caregivers.

## Danville

**Southside Support Group** Meets on the 2<sup>nd</sup> Thursdays at 7:00 PM Mount Hermon Baptist Church. Contact Sue Jones at 434-724-7070 for more information.

## Fredericksburg

**Women's Coffee Group** – meets on the last Thursday of the month from 10:30-12:00 at the Shoney's Restaurant at 2203 Plank Rd. Fredericksburg, 22401. For more information, Contact Markita Gilbert at 540-785-6122 or [mgilbert@braininjurysvcs.org](mailto:mgilbert@braininjurysvcs.org)

## Gloucester

**Middle Peninsula Support Group** Meets the 3<sup>rd</sup> Thursday of the month, 10:30 AM to 12 noon at Riverside Walter Reed Hospital in Gloucester. Call Teresa Ashberry at 804-815-8495 or [6ashberry@gmail.com](mailto:6ashberry@gmail.com)

## Harrisonburg

**Greater Shenandoah Valley Support Group** Meets on the 3<sup>rd</sup> Wed. of the month at 6:15 PM. Virginia Mennonite Retirement Community's (VMRC) Village Hall, 1475 Virginia Ave., Harrisonburg, VA 22802. Call Karen Arnold 540-421-5610., e-mail: [karen@gsvbisg.com](mailto:karen@gsvbisg.com) Website: [www.gsvbisg.com](http://www.gsvbisg.com)

**Survivors with a Goal (S.W.A.G.)** Survivors' group meeting for social & recreational activities. Meets on the 4<sup>th</sup> Wednesday of the month, 1-3pm; location varies depending on activity. Contact Ashley Dunlap at 540-383-2371 or [ashley@bicsv.org](mailto:ashley@bicsv.org)

## Hopewell / Tri-Cities

**Brain Injury Support Group** Meets on the 3<sup>rd</sup> Tues. of the month from 6:30-8 PM at the Hopewell (Nelson) Library 209 East Cawson St. Hopewell. Contact: Debbie Cody at 804-543-7298 or email [LarryC15@hotmail.com](mailto:LarryC15@hotmail.com) Meetings are for people with brain injury and their support system.

## Lynchburg

**Central Va. Support Group** Meets on the 1st Thursday of each month at 7:00 PM, Heritage United Methodist Church, 582 Leesville Rd. Room 206. Lynchburg. Contact Yvonne Staton at 434-200-6056 or [yvonne.staton@centrahealth.com](mailto:yvonne.staton@centrahealth.com)

## Newport News

*More Newport News Groups on the next page*

**Brain Injury Family Support Group** Meets on the 2<sup>nd</sup> Tuesday of the month from 5:30 – 7 p.m. at the Denbigh House – 12725 McManus Blvd, Newport News, 23602. Contact Karen Grazionale at 502-727-2154 or [kgrazionale@gmail.com](mailto:kgrazionale@gmail.com)

➤ ➤ Please call or e-mail the contact persons BEFORE attending a meeting for the first time to make sure there have not been any changes.

*Partially Updated 10.22.2018*

**Wed. Survivor & Family Group** Meets on the 4th Wednesday of the month from 3:30 to 4:30 PM at the Denbigh House - 12725 McManus Blvd. Suite 2E, Newport News. Contact Leah Frazier: 757-722-9881, ext. 243 or [leah.frazier@rivhs.com](mailto:leah.frazier@rivhs.com)

**Thursday Survivor and Family Group** Meets on the third Thursday of the month from 5:30 to 7:00 p.m. at the Denbigh House – 12725 McManus Blvd, Newport News, 23602. Contact Jessica Dupuy at 757-833-7845 / [jessicad@communitybraininjury.org](mailto:jessicad@communitybraininjury.org) or Ed Dwyer at 757-810-0827 / [dwyer\\_e@yahoo.com](mailto:dwyer_e@yahoo.com)

**Survivors and Caregivers Support** Meets the 2nd & 4th Thursdays from 4:30 - 6p at Riverside Rehabilitation Institute 245 Chesapeake Avenue, Newport News, VA 23607. Contact Ed Dwyer at 757-810-0827 or [dwyer\\_e@yahoo.com](mailto:dwyer_e@yahoo.com)

### **Northern Virginia:**

**Living with My Brain:** A support group for teenagers with concussions. Meets on the 4<sup>th</sup> Tuesday of the month from 4 to 5 pm at the Inova Heart & Vascular Institute, 3300 Gallows Road Falls Church, VA 22042 4<sup>th</sup> Floor Board Room. **RSVP** to Shira Rothberg at [shira.rothberg@inova.org](mailto:shira.rothberg@inova.org)

**Love Your Brain Yoga** - Meets weekly for a free 6 week session that includes gentle, adapted yoga, meditation techniques for relaxation, and the chance to connect with others through group discussion. Meets at the Falls Church Wellness Center - 500 No. Washington St. Ste. 100, Falls Church, VA 22046. Registration is required. Programs start in January, April, July and October. Contact at [Mary@loveyourbain.com](mailto:Mary@loveyourbain.com) or Yael Israel at 703-258-9649. For more information, go to [www.loveyourbrain/yoga/practice](http://www.loveyourbrain/yoga/practice)

**Loudoun Co. BI Support Group** Meets on the 1st Tuesdays from noon – 1:30 PM in Patient Education Room on the 2nd floor at Inova Loudoun Hospital, 44045 Riverside Pkwy, Lansdowne, VA. Contact Ivy Ward at 703-451-8881 x 241 or [iward@braininjurysvcs.org](mailto:iward@braininjurysvcs.org)

**Mild TBI Recovery Group** meets on the 2nd Wed. of the month from 10:30 to 12:00. Educational sessions addressing various topics related to mild TBI. Meets at BIS, Inc. 8136 Old Keene Mill Rd., Ste B102, Springfield. Contact Claire Callison-Aub at 703-451-8881 ext. 240 or [cclisonaub@braininjurysvcs.org](mailto:cclisonaub@braininjurysvcs.org)

**Stroke/BI Recovery Group** Meets the 4<sup>th</sup> Tues of the month from 10:15 to 12 at Sentara Northern VA Medical Center, 2300 Opitz Blvd., Woodbridge in the Hylton Education Center. Educational sessions for survivors, family & friends. Contact Brittany Henshaw at [bhenshaw@braininjurysvcs.org](mailto:bhenshaw@braininjurysvcs.org) or 703-451-8881

**The Survivors – Inova Fair Oaks Hospital** For survivors of stroke & other acquired BI. Meets the first Wednesday from noon to 2 p.m. at 3580 Joseph Siewick Drive Inova Cancer Center, Lower Level – Room B Fairfax, VA 22033 Contact Jill Fitzgerald at (703) 391-3062 or email her at [Jill.Fitzgerald@inova.org](mailto:Jill.Fitzgerald@inova.org).

**Trauma Survivor Network (TSN)** of Inova Fairfax Hospital meets on the 3rd Tuesday of the month from 12 – 1:30 at Inova Fairfax. The group is for adults with brain injury and their family members. Contact Shira Rothberg at 703-776-4930 or e-mail: [shira.rothberg@inova.org](mailto:shira.rothberg@inova.org)

**Trauma Talk** is a support group for trauma survivors (and caregivers) of various injuries to come together, support one another, share resources and connect. Meets on the 3<sup>rd</sup> Wed. of the month at Inova Fairfax from 7-8:30 pm. Contact Shira Rothberg at 703-776-4930 or e-mail: [shira.rothberg@inova.org](mailto:shira.rothberg@inova.org)

### **Norton**

**Brain Injury Group** Meets quarterly at Norton Community Hospital. For more information and scheduling, contact Bridget Mullins at (276)926-6516 [bridget@bisswva.org](mailto:bridget@bisswva.org)

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### **Richmond Area:**

\* **BIAV Group:** (Facilitated discussion & speakers) Meets on the 3rd Monday of the month from 6:15 to 7:45 P.M. at the Disability Law Center of Virginia, 1512 Willow Lawn Dr. Suite 100, Richmond, VA 23230. Contact Christine at the BIAV office: 804-355-5748 or [christine@biav.net](mailto:christine@biav.net)

**Concussion Education Group** Meets every other month (odd months) from 6 to 7 pm alternating between Sheltering Arms Bon Air or Reynolds locations. Provides general education about concussions and discussion of shared experiences to help with coping strategies and. It is open to adults and teens with concussion and their families. Registration is required. For specific dates and to register, contact Laura Ahmed at 804-764-5356 or [lahmed@shelteringarms.com](mailto:lahmed@shelteringarms.com) or go to <https://www.shelteringarms.com/event/concussion-support-group/>

**Richmond Aphasia Support Group** (Adults) Meets on the 2nd Thursday, 6:00-7:00 pm at the WellsColeman office building at 5004 Monument Avenue, Richmond, VA 23230 in the Monument Corporate Centre office park. Contact Susan Hapala at (804)908-3261 or Jan Thomas at [rva.aphasia@gmail.com](mailto:rva.aphasia@gmail.com) Visit their website at [www.rva-aphasia.com](http://www.rva-aphasia.com)

**Supportive Survivors** (Social) Meets on the 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Tuesdays 6- 8 pm at the Food Court at the Regency Square Mall. Outings planned for the 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays. Contact Ted Taylor at 804-781-2144 or e-mail: [taylorsted58@yahoo.com](mailto:taylorsted58@yahoo.com)

**Stroke/TBI Survivors & Caregiver Support Group** Meets on the 4th Wednesdays from 2-3 pm at Sheltering Arms Rehab Hospital, 13700 St. Francis Blvd. Midlothian in the 4th Floor Conf. Room. Contact Kate Lim at (804) 764-5290 or [klim@shelteringarms.com](mailto:klim@shelteringarms.com)

**Stroke /TBI Survivors & Caregiver Support Group** Meets on the 2nd Wednesday of the month from 2-3 pm at Sheltering Arms Rehab Hospital 8254 Atlee Rd., Mechanicsville in Conf. Room C. Contact Kate Lim at (804) 764-5290 or [klim@shelteringarms.com](mailto:klim@shelteringarms.com)

**Women's Luncheon Group** Meets on the 2nd Tuesday of the month for lunch at 11:30 at The Mill House, 7812 Shrader Rd., Henrico VA 23294. Open to women survivors. Contact Jen Candela at (804) 386-0926 x 104 or [jenniferc@communitybraininjury.org](mailto:jenniferc@communitybraininjury.org)

**Women with Brain Injury from Intimate Partner Violence** Meets weekly every Tuesday from 1 to 2 pm at Safe Harbor, 2006 Bremono Rd. Ste. 201, Henrico, 23226. Contact Trish Smith for intake before coming for the first time at 804-249-9470 x 14 or [trish@safeharborshelter.com](mailto:trish@safeharborshelter.com). This group begins September 11, 2018.

### **Roanoke Area**

**Brain Injury Connection** Meets on the 3<sup>rd</sup> Thursdays at 7:00 P.M. in the 3<sup>rd</sup> Floor Conference Rm. at Carilion Community Hospital. Contact Jore Garrett at 540-353-3178 or [jore@boonesmill.net](mailto:jore@boonesmill.net). For survivors and caregivers

### **Virginia Beach**

**Sentara Virginia Beach General Hospital Stroke Support/BI Group** Meets on the 3<sup>rd</sup> Wed., 2:00 to 4:00 pm in the Diabetes Conference Room Center on the first/main floor of the hospital at 1060 First Colonial Rd., VA Beach. Contact Janice Taylor at (347) 752-1384 or [janicetaylor104@gmail.com](mailto:janicetaylor104@gmail.com)

**Tidewater Support Group** Meets on the second Monday of the month, 6:30 to 8:30 PM at the Beacon House - 3808 Virginia Beach Blvd, VA Beach, (Birchwood Office Park). Contact Joann Mancuso or Kyle Sloan 757-631-0222 or [Mancuso.Joann@EgglestonServices.org](mailto:Mancuso.Joann@EgglestonServices.org) for information. Groups are for survivors and families.

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*Partially Updated 10.22.2018*

### **Warsaw**

**Northern Neck Support Group** Meets on the second Tuesday of the month from 10:30 AM to 12:00 at the Bay Transit Office, 111 Commerce Parkway, Warsaw. Contact Martha Hall at 804-370-1802 or [mhall0816@gmail.com](mailto:mhall0816@gmail.com)

### **Williamsburg**

**Brain Injury Group** Meets on the first Thursday monthly from 3 to 4:30 p.m. in the Community Room at Riverside Doctors' Hospital Williamsburg, located at 1500 Commonwealth Ave. Contact Vinny Poto at 516-318-7813 or [vpotojr@yahoo.com](mailto:vpotojr@yahoo.com) or Kyle Sargent at 757-912-7514 or [kwsargent@cox.net](mailto:kwsargent@cox.net)

### **Winchester**

**Brain Injury Group** Meets on the 3<sup>rd</sup> Thursday of the month, 6:30 to 8:30 PM at the Shenandoah University's Health Professions Building, 1775 N. Sector Court, Winchester, VA 22601 (behind Winchester Medical Center). The group's goal is to assist survivors and caregivers. Call Betty Friant at 540-550-1784 or e-mail Kathleen Mancini at [TBI@mindspring.com](mailto:TBI@mindspring.com)

### ***Can't find a group in your area?***



*If you are person with a brain injury, a family member or a professional who works with people with brain injury, and you'd like to see a group get started in your area, please let BIAV know – we can help you get started! For assistance and more information, contact Christine Baggini, Senior Resource Coordinator, at 804-355-5748 or 800-444-6442 or [christine@biav.net](mailto:christine@biav.net)*