

North Carolina Virtual Brain Injury Support Meetings

BIANC Weekly Statewide Online Brain Injury Meeting at 3:pm each Thursday

- Contact Co-leaders: Jordan Slade (jordnfs87@gmail.com), Susan Fewell (susan.fewell@bianc.net) or Betty Lilyquist (sunzon@nc.rr.com) for link to meetings, reminders, and newsletter
- Everyone welcome: People living with brain injury, their families and Professionals

BIANC Weekly Statewide Back2School: Education Group each Sunday at noon. Contact Cathy Hall (cathypatricia.hall@gmail.com) or Susan Fewell at 919 618 3003 for link to meetings.

- People with brain injury pursuing education at all levels and fields after brain injury and those that are helping them are welcome.
- Goal: Build a community and support system and learn how to educate school “Disability” offices

Why attend a brain injury support meeting?

<ul style="list-style-type: none"> • Find others who are walking on a similar ‘journey’ • Emotional healing through interpersonal contact, and to know you are not alone • Encouragement while learning about achievements of others • A sense of safety in a supportive, non-judgmental environment • Decrease in isolation through connections to others in the group • A place to share struggles, triumphs and fears 	<ul style="list-style-type: none"> • Self-awareness through opportunities to talk about your injury and feelings • Strengthens quality of life, treated as family • Addresses behavioral health and coping strategies and study tips • Education through speakers and exchange of personal experiences • Cognitive enhancement through games, challenges and trivia • Help others who may need your support
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What other Virtual Brain Injury Meetings are being held in North Carolina?

<ul style="list-style-type: none"> • Asheville area WNC Support Network: Meets 1st & 3rd Wednesday at 4:00 pm. Contact: Karen Keating at Karen.keating@bianc.net or Angela Tucker at sweethomeangela@gmail.com • Charlotte area: Meets weekly Tuesday at 2:00 pm. Contact: Sally Rickard at this email: sally.rickard@bianc.net • Chapel Hill area: Meets 3rd Wednesday of each month from 1:00-2:00pm. Contact: Blaise Morrison at blaise_morrison@med.unc.edu • Camp Lejeune/Onslow County area: Meets 1st Tuesday each month 6:00-7:30 pm, Susan Fewell susan.fewell@bianc.net or 919 618 3003 • Fayetteville area: Meets 2nd Tuesday at 6:30 pm. Ellen Morales at therosecenter@nc.rr.com 	<ul style="list-style-type: none"> • Hickory Area: Meets 4th Tuesday at 6:00 pm Travis Glass at travis@crossroadscounseling.org • High Point/Greensboro area: Meets 2nd Monday at 2:00 pm Contact: kitty.barringer@bianc.net or kelly.groft@rehabwithoutwalls.com • Greenville (NC) area: Meets 4th Wed. at 6 pm lindsay.sparrow@vidanthealth.com or Akinney@vidanthealth.com • Reidsville area: Meets 3rd Monday at 1:30 pm Casey.cockerham@conehealth.com • Winston-Salem area: Meets 2nd Tuesday at 7 pm. Contact Denzil Strickland at braininjurysurvivors@yahoo.com • Wilmington area: Meets 2nd Monday at 6 pm Kelsey.lucas@nhrmc.org or morgan.lankford@nhrmc.org
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What other Resources might be helpful after a Brain Injury?

<ul style="list-style-type: none"> • Brain Injury Association of NC (www.bianc.net) • www.bianc.net/resources/resource-guide/ • www.bianc.net/learning-center/ • First in Families (http://fifnc.org) • BI Association of America (www.biausa.org) 	<ul style="list-style-type: none"> • www.ncdhhs.gov/assistance/disability-services/traumatic-brain-injury • Learn about groups specifically for spouses or those who provide care to loved ones with brain injury. Contact: susan.fewell@bianc.net
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