

**Family and Community  
Support Office of the Brain  
Injury Association at  
Carolinas Rehabilitation**

# **Brain Injury Support Group Network**



**Support groups for  
individuals with brain  
injury resulting from head  
trauma/traumatic brain  
injury, stroke, aneurysm,  
tumor, anoxia (lack of  
oxygen), and other causes  
and their families.**

Updated: 11/06

## **What is a Support Group Network?**

The purpose of a support group network is sharing with and supporting one another, meeting others dealing with similar life circumstances, working together to increase the public awareness of brain injury and learning about helpful resources.

## **Support Group Networks include:**

- Learning about life after brain injury
- Group Discussions
- Meeting other people
- Recreational and social activities
- Sharing ideas
- Giving and receiving information

**Contact the Family and Community Support Center of the Brain Injury Association of North Carolina at Carolinas Rehabilitation at 704-355-1502 or Toll Free at 1-800-634-2256 extension 51502 for more information on any of these support groups or for information on support groups in other areas of North and South Carolina.**

**We can also provide assistance with establishing a support group in your community.**

## **A Few Support Group Networks Contact 704-355-1502 for other groups in North and South Carolina**

### **CHARLOTTE AREA BRAIN INJURY ASSOCIATION**

MEETINGS: 1<sup>st</sup> Tuesday of the Month  
TIME: 6:30pm – 8:00pm  
LOCATION: Carolinas Rehabilitation  
CONTACT: Sally Rickard  
704-355-2620 or  
704-355-1502

### **UNION COUNTY BRAIN INJURY SUPPORT NETWORK**

MEETINGS: 1<sup>st</sup> Monday of the Month  
TIME: 7:00pm – 8:30pm  
LOCATION: Union Regional Medical  
Center/Outpatient  
Center, Monroe, NC  
CONTACT: Peggy Philbrick  
704-355-4354 or  
704-355-1502

### **LAKE NORMAN AREA BRAIN INJURY SUPPORT NETWORK**

MEETINGS: 4<sup>th</sup> Monday of the Month  
TIME: 7:00pm – 8:30pm  
LOCATION: Lake Norman Regional  
Medical Center  
Mooresville, NC  
CONTACT: Sylvia Whitmire  
704-224-6069

### **CONCORD AREA BRAIN INJURY/SPINAL CORD INJURY SUPPORT NETWORK**

MEETINGS: 3<sup>rd</sup> Monday of the Month  
TIME: 7:00pm-8:30pm  
LOCATION: Forrest Hills United Methodist  
Church  
CONTACT: Gayle Pittman  
704-888-4110  
Margaret Love  
704-784-2503

**Call to verify meeting time, day and  
location as these may change.**

### **CLEVELAND COUNTY AREA BRAIN INJURY SUPPORT NETWORK**

MEETINGS: 3<sup>rd</sup> Thursday of the Month  
TIME: 5:30pm – 7:00pm  
LOCATION: Poplar Springs Baptist Church, Shelby, NC  
CONTACT: Carolyn Costner  
704-434-5624

### **CAROLINAS REHABILITATION INPATIENT/OUTPATIENT FAMILY EDUCATION**

CONTACT: Peggy Philbrick  
704-355-4354 or  
704-355-1502

### **COUPLES NIGHT OUT SUPPORT NETWORK AND SPOUSE SUPPORT GROUPS**

CONTACT: Peggy Philbrick  
704-355-4354 or  
704-355-1502  
Kelly Fincher  
704-782-5891

### **YOUNG ADULT/SINGLES BRAIN INJURY/ SPINAL CORD INJURY SUPPORT GROUP**

CONTACT: Project STAR  
704-355-1502

### **ANSON COUNTY CAREGIVERS SUPPORT GROUP**

**Call for more information.**

CONTACT: Nancy Capel  
704-694-3156

### **BRAIN INJURY TEAM SUPPORT OF STANLY COUNTY (BITS)**

MEETINGS: 3<sup>rd</sup> Tuesday of the Month  
TIME: 6:00pm-7:30pm  
LOCATION: Silver Road Baptist Church, Oakboro  
CONTACT: Margaret Owen  
704-485-2483

## **Brain Injury Facts**

- Every 23 seconds, someone in the United States sustains a Traumatic Brain Injury (TBI). TBI occurs from a blow or jolt to the head. Leading causes include falls, motor vehicle/traffic crashes, and assaults.
- Every 45 seconds someone in the United States has a stroke. Stroke can happen to children, adolescents, young and older adults.
- In the United States the overall incidence of brain tumors is more than 14 per 100,000 people.
- Up to 1 in 15 people in the United States will develop a brain aneurysm most commonly detected in those ages 35 to 60.
- Anoxic brain injuries occur when there is a lack of oxygen supplied to the brain. Cardiac arrest, near drowning, electrocutions are a few examples of what may cause this.

## **BRAIN INJURY ASSOCIATION OF NORTH CAROLINA (BIANC)**

BIANC is involved with Brain Injury Prevention, Education, Research and Advocacy, and is an affiliate of the national Brain Injury Association of America. Website: [www.biausa.org](http://www.biausa.org)

Tax deductible donations and memberships help fund BIANC. All donations, memberships, memorials and gifts are graciously welcomed.

### **Raleigh, NC Triangle Family and Community Support Office**

Toll Free Family Helpline

1-800-377-1464

**Website: [www.bianc.net](http://www.bianc.net)**

### **Charlotte, NC Family and Community Support Office at Carolinas Rehabilitation 704-355-1502 or 1-800-634-2256 ext 51502**

### **Greenville, NC Eastern Family and Community Support Office 1-800-697-3115**

### **Asheville, NC Family and Community Support Office at Community CarePartners Outpatient Program 1-866-890-7801**