

# SUPPORT GROUP LISTING

## Virtual Statewide Support Group

*Every Thursday of the month*

Location: Zoom – Register [HERE](#)

Time: 3p-4:30p

Contact: Allison Andrews - 515-400-6456  
or [aandrews@biaia.org](mailto:aandrews@biaia.org)

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## Iowa City Area Support Group

*2nd Monday of the month*

Location: Parkview Church, Central Campus  
Room 108, 15 Foster Rd., Iowa City, IA

Time: 7p-8:30p

Contact: Tasnia Iqbal - 319-504-7951  
or [tasnia.iqbal26@gmail.com](mailto:tasnia.iqbal26@gmail.com)

*\*Please contact for a hybrid option via Zoom.*

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## Iowa City Area Recreation Group

*1st Monday of the month*

Location: Parkview Church, Central Campus  
Room 108, 15 Foster Rd., Iowa City, IA

Time: 7p-8:30p

Contact: Tasnia Iqbal - 319-504-7951 or [tasnia.iqbal26@gmail.com](mailto:tasnia.iqbal26@gmail.com)

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## Cedar Rapids “Navigating Together” Support Group

*3rd Thursday of the month*

Location: St. Stephen's Lutheran Church, 610 31st St. SE, Cedar Rapids, IA

Time: 6p-7:30p

Contact: Courtney Sand - 515-400-6483 or [csand@biaia.org](mailto:csand@biaia.org)

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## Quad Cities Area Support Group

*Meeting times vary*

Location: Everyday Heroes CPR Office, Northwest Bank Building - Room 402,  
2550 Middle Rd., Bettendorf, IA

Time: Meeting times vary

Contact: Dianna Griebel – 563-344-8688 or [diannagriebel@hdcmail.org](mailto:diannagriebel@hdcmail.org)

*\*Please contact for meeting date and time information*

Listing updated: 09/07/2023

### Central Iowa Area Support Group

*3rd Tuesday of the month*

Location: Polk County North Side Community  
Center, 3010 6th Ave., Des Moines, IA

Time: 6p-7:30p

Contact: Theresa Henderson - 515-537-9530  
or [theresacasg@gmail.com](mailto:theresacasg@gmail.com)

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### Muscatine Support Group

*2nd Tuesday of the month*

Location: Muscatine Community College, Musser Building  
Room 101, 152 Colorado St., Muscatine, IA

Time: 5:30p-7p

Contact: Desiree Demers - 563-288-6078  
or [dmdemers@eicc.edu](mailto:dmdemers@eicc.edu)

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### Northeast Iowa Area Survivor and Family Group

*4th Tuesday of the month*

Location: Westminster Presbyterian Church, 1301 Kimball Ave., Waterloo, IA

Time: 6p-7:30p

Contact: Steven Eilers - 319-429-0689 or [stevenj.eilers@yahoo.com](mailto:stevenj.eilers@yahoo.com)

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### South Central Iowa Area Support Group

*3rd Monday of the month*

Location: Knoxville Public Library, 213 E. Montgomery St., Knoxville, IA

Time: 6p-7:30p

Contact: Chelsea Adams - 515-400-6293 or [cadams@biaia.org](mailto:cadams@biaia.org)

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### Council Bluffs Support Group

*4th Tuesday of the month*

Location: Circle of Hope, Martinwood Christian Church, 2022 8th Ave,  
Council Bluffs, IA

Time: 10am - 11:30am

Contact: Ruth Bitter - 402-650-7132 or [martinwoodinternational@gmail.com](mailto:martinwoodinternational@gmail.com)

*\*Please call in advance.*

Listing updated: 09/07/2023



**Brain Injury  
Alliance**  
I O W A

## SUPPORT GROUP LISTING

### [Facebook \(Private\) - Iowa Brain Injury Family Caregivers Support Group](#)

The Brain Injury Alliance of Iowa's Iowa Brain Injury Caregivers Support Group is a private, welcoming, supportive place for brain injury caregivers - spouses, significant others, parents, siblings, friends, etc. - to come together to receive helpful information and resources as well as to connect and receive peer support and encouragement from individuals with shared, unique experiences.

Contact: *Brain Injury Alliance of Iowa*

☎ 855-444-6443

✉ [info@biaia.org](mailto:info@biaia.org)

Visit our Support Group page [HERE](#).

Listing updated: 09/07/2023

### Stroke Support Group

Click [HERE](#) to get a listing of Stroke Support Groups across the State.

