

# SUPPORT GROUP LISTING

## Virtual Statewide Support Group

*Every Thursday of the month*

Location: Zoom – Register [HERE](#)

Time: 3pm - 4:30pm

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: 7pm - 8:30pm

Contact: Tasnia Iqbal - 319-504-7951

or [tania.iqbal26@gmail.com](mailto:tania.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: 7pm - 8:30pm

Contact: Tasnia Iqbal - 319-504-7951 or [tania.iqbal26@gmail.com](mailto:tania.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: 6pm - 7:30pm

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



Scan QR code to visit our Support Group page or click [HERE](#).



Listing updated: 08/19/2024

## Eastern Iowa Support Group

*2nd Tuesday of the month*

Location: Empower House,  
131 West 2nd Street, Suite 305, Davenport, IA  
Time: 3:00-4:00 PM CST

Contact: Mickey Owens - 563-232-1002 or  
[hello@empowerhouseqca.org](mailto:hello@empowerhouseqca.org)

*\*LAUNCH DATE: OCTOBER 8, 2024\**

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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: 6pm - 7:30pm

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

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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.*

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## Iowa Neuro Survivor + Family Support Group

*3rd Monday of each month*

Location: Participants are welcome to attend either in-person at On With Life's  
outpatient clinic in Ankeny or virtually.

Address: 717 SW Ankeny Rd, Ankeny, IA


Virtual: <https://us06web.zoom.us/j/81749062007>

Meeting ID: 817 4906 2007

Time: 5pm - 7pm

Contact: Chandler Yokley - 515-289-9696 or [chandler.yokley@onwithlife.org](mailto:chandler.yokley@onwithlife.org)

Online Link for more information: <https://www.onwithlife.org/education-research/on-with-life-academy/support-groups/neuro-support-group/>



Scan QR code to visit our Support  
Group page or click [HERE](#).





**Brain Injury  
Alliance**  
I O W A

## SUPPORT GROUP LISTING

### 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 [theresahenderson@gmail.com](mailto:theresahenderson@gmail.com)

\*The South Central Iowa Support Group meeting will be on pause. Watch here for further announcements.

Scan QR code to visit our Support Group page or click [HERE](#).



### 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)

### Stroke Support Group

Every 3rd Monday of the Month

Register at [biaia.org](http://biaia.org) and go to the Support Groups page

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

Listing updated: 08/19/2024

**Public Health**  
IOWA HHS

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