

<u>Virtual Statewide Support Group</u>

Every Thursday of the month

Location: Zoom - Register <u>HERE</u>

Time: 3pm - 4:30pm

Contact: Allison Andrews - 515-400-6456

or aandrews@biaia.org

<u>Iowa City Area Support Group</u>

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 tasnia.iqbal26@gmail.com

*Please contact for a hybrid option via Zoom.



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 tasnia.iqbal26@gmail.com

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

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

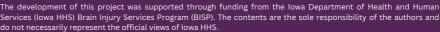
*Please contact for meeting date and time information

Listing updated: 01/26/2024

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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: 5:30pm - 7pm

Contact: Desiree Demers - 563-288-6078

or dmdemers@eicc.edu

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

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

*Please call in advance.

<u>Iowa Neuro Survivor + Family Support Group</u>

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

Online Link for more information: https://www.onwithlife.org/education-research/on-with-life-

academy/support-groups/neuro-support-group/

Listing updated: 01/26/2024



The development of this project was supported through funding from the lowa Department of Health and Human Services (lowa HHS) Brain Injury Services Program (BISP). The contents are the sole responsibility of the authors and do not necessarily represent the official views of lowa HHS.

Updated May 2023



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 - 515-612-4104 or

southcentralbi@gmail.com

<u>Facebook (Private) - Iowa Brain Injury Family</u> <u>Caregivers Support Group</u>

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

Visit our Support Group page <u>HERE</u>.

*Central Iowa Support group will take a break and resume in 2024 - watch here for further updates please contact info@biaia.org for further questions.

Stroke Support Group

Every 3rd Monday of the Month

Register at biaia.org and go to the Support Groups page

Click HERE to get a listing of Stroke Support Groups across the State.

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