

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

Virtual Statewide 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.

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: Lexi Tharp - 855-444-6443 or atharp@biaia.org

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

Iowa City Area Recreation Group

**This group will be put on hold as of February 1st.*

Contact: BIAIA - 855-444-6443 or info@biaia.org

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

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



Listing updated: 04/22/2025

SUPPORT GROUP LISTING

Eastern Iowa Support Group

2nd Tuesday of the month

Location: Empower House,
2720 W Locust St, 9B, Davenport, IA

Time: 3:00-4:00 PM CST

Contact: Mickey Owens - 563-232-1002 or
hello@empowerhouseqca.org

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.*

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

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

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

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

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

Listing updated: 04/22/2025