

<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>Virtual Statewide Stroke Support Group</u>

Every 3rd Monday of the Month

Register at biaia.org and go to the Support Groups page Click <u>HERE</u> to get a listing of Stroke Support Groups

across the State.

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

*Please contact for a hybrid option via Zoom.

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

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

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

<u>Cedar Rapids "Navigating Together" Support Group</u>

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

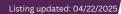
Group page or click <u>HERE</u>.

Scan QR code to visit our Support

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



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: 04/22/2025

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Scan QR code to visit our Support

Group page or click **HERE**.

Public Health

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 Iowa HHS.

Updated May 2023



*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

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SUPPORT GROUP

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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

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