



BIAIA SUPPORT GROUPS

Virtual Statewide Support Group

Every Thursday of the month

Location: Zoom – Register at [BIAIA Support Group page](#) or click [HERE](#)

Time: 3pm - 4:30pm CST

Contact: Allison Andrews - 515-400-6456 or aandrews@biaia.org

Virtual Statewide Stroke Support Group

Every 3rd Monday of the Month

Location: Zoom – Register at [BIAIA Support Group page](#) or click [HERE](#)

Time: 1pm CST

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: 6:30pm - 8:00pm CST

Contact: Dan Fitzsimmons - 515-444-8079

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 CST

Contact: Courtney Sand - 515-400-6483 or csand@biaia.org

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



Scan QR code to visit our Support Group page

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Central Iowa Area Support Group

3rd Tuesday of the month

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

Time: 6pm -7:30pm CST

Contact: Theresa Henderson - 515-537-9530 or theresaehenderson@gmail.com

Facebook (Private) - Iowa Brain Injury Family Caregivers Support Group

The Brain Injury Association 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: BIAIA - 855-444-6443 or info@biaia.org

OTHER SUPPORT GROUPS

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 CST

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: 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



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