

SUPPORT GROUP LISTING

Virtual Statewide Support Group

Every Thursday of the month

Location: Zoom – Register [HERE](#)

Time: 3p-4:30p

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

Iowa City Area Support Group

2nd Monday of the month

Location: Parkview Church, Central Campus
Room 108, 15 Foster Rd., Iowa City, IA

Time: 7p-8:30p

Contact: Tasnia Iqbal - 319-504-7951
or tasnia.iqbal26@gmail.com

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

Iowa City Area Recreation Group

1st Monday of the month

Location: Parkview Church, Central Campus
Room 108, 15 Foster Rd., Iowa City, IA

Time: 7p-8:30p

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: 6p-7:30p

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*



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 theresacasg@gmail.com

Muscatine Support Group

2nd Tuesday of the month

Location: Muscatine Community College, Musser Building
Room 101, 152 Colorado St., Muscatine, IA

Time: 5:30p-7p

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: 6p-7:30p

Contact: Steven Eilers - 319-429-0689 or stevenj.eilers@yahoo.com

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 - 515-400-6293 or cadams@biaia.org

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.*

Listing updated: 09/07/2023

SUPPORT GROUP LISTING

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

Visit our Support Group page [HERE](#).

Listing updated: 09/07/2023

Stroke Support Group

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