

North Carolina Virtual Brain Injury Support Meetings

Weekly Statewide Virtual Brain Injury Meeting at 3:pm each Thursday

- Contact Co-leaders: Jordan Slade (jordnfs87@gmail.com) or Susan Fewell (susan.fewell@bianc.net) or Betty Lilyquist (sunzon@nc.rr.com) for live link to meetings, reminders, and monthly newsletter
- Email reminders are sent out each week. Send your email to one of the Co-leaders of the group or call Susan Fewell at 919 618 3003 if you do not have email with the link.
- Uses Virtual Zoom Platform (We will help you learn Zoom/Call in options are available)
- Everyone welcome: People living with brain injury, their families and the Professionals who care

Why attend a brain injury support meeting?

<ul style="list-style-type: none"> • Enable members to learn a weekly routine • Emotional healing through interpersonal contact, and to know you are not alone • Encouragement from learning about the achievements of others • A sense of safety in a supportive, non-judgmental environment • Decrease in isolation through connections to others in the group • A place to share struggles, triumphs and fears 	<ul style="list-style-type: none"> • Self-awareness through opportunities to talk about your injury and feelings • Strengthens quality of life, treated as family • Addresses behavioral health and coping strategies • Education through speakers, and exchange of personal experiences • Cognitive enhancement through games, challenges and trivia • Help others who may need support
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What other Virtual Brain Injury Meetings are being held in North Carolina and who do I contact to get a link to these meetings or see if I am able to join?

<ul style="list-style-type: none"> • Asheville area WNC Support Network: Meets 1st & 3rd Wednesday at 4:00 pm. Contact: Karen Keating at Karen.keating@bianc.net or Angela Tucker at sweethomeangela@gmail.com • Fayetteville area: Meets 2nd Tuesday at 6:30 pm. Ellen Morales at therosecenter@nc.rr.com • Charlotte area: Meets weekly Tuesday at 2:00 pm. Contact: Sally Ricard at this email: sally.rickard@bianc.net • Chapel Hill area: Meets 3rd Wednesday of each month from 1:00-2:00pm. Contact: Blaise Morrison at blaise_morrison@med.unc.edu 	<ul style="list-style-type: none"> • Camp Lejeune/Onslow County area Meets 1st Tuesday each month 6:00-7:30 pm Contact: Susan Fewell (susan.fewell@bianc.net) or call 919 618 3003. • Hickory Area: Meets 4th Tuesday at 6:00 pm Travis Glass at travis@crossroadscounseling.org • Winston-Salem area: Meets 2nd Monday at 6pm. Contact Denzil Strickland at braininjurysurvivors@yahoo.com • Wilmington area: Meets 2nd Monday at 6 pm Kelsey.lucas@nhrmc.org or juxon.lankford@nhrmc.org **Let me know if I have left out any groups that are currently meeting virtually (susan.fewell@bianc.net)
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What other Resources might be helpful after a Brain Injury?

<ul style="list-style-type: none"> • Brain Injury Association of NC (www.bianc.net) • www.bianc.net/resources/resource-guide/ • www.bianc.net/learning-center/ • First in Families (http://fifnc.org) 	<ul style="list-style-type: none"> • www.ncdhhs.gov/assistance/disability-services/traumatic-brain-injury • Learn about groups specifically for those who provide care to loved ones with brain injury Contact: susan.fewell@bianc.net
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