



## 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](mailto: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: [info@biaia.org](mailto:info@biaia.org) or 855-444-6443

### **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](mailto: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](mailto:stevenj.eilers@yahoo.com)



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## BIAIA SUPPORT GROUPS

### **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](mailto: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](mailto:info@biaia.org)

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## 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](mailto: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](mailto:chandler.yokley@onwithlife.org)



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