

## Support Groups Meeting Virtually or in Person

### Altoona

HealthSouth Rehabilitation of Altoona  
Format: Meeting in person  
Meeting Day & Time: 2<sup>nd</sup> Thursday of each month at 6:00 PM  
Location: 2005 Valley View Boulevard, Altoona, PA  
Contact: Ann Marie Montgomery or Jennifer Hibbs – 814-944-3535

Altoona Brain Injury Support Group  
Format: Meeting virtually on Zoom  
Meeting Day & Time: Wednesday's at 10:00 AM  
Contact: Email [mdombrowski@cilscca](mailto:mdombrowski@cilscca) for Zoom link

### King of Prussia

TBI Support Group for Survivors & Caregivers  
Format: Meeting virtually on Zoom  
Meeting Day & Time: 1st Wednesday of each month at 7:00 PM  
Contact: Todd Buzby at [toddbuzby@yahoo.com](mailto:toddbuzby@yahoo.com) for Zoom link

### Lancaster

Lancaster Area Brain Injury Support Group  
Format: Meeting virtually on Zoom  
Meeting Day and Time: 1st Thursday of the month at 7:00 PM  
Contact: Kathleen Meade at [kmeade@acadiarehab.com](mailto:kmeade@acadiarehab.com) for Zoom link

### Langhorne

Heads on Straight for TBI Survivors & Families Support Group  
Format: Meeting virtually on Zoom  
Meeting Date & Time: 1st Tuesday of each month at 6:30 PM  
Contact: Anne Sears – [sears@rider.edu](mailto:sears@rider.edu) or Mike Hrabowski [mikkar@comcast.net](mailto:mikkar@comcast.net) for Zoom link

### Latrobe

Westmoreland Persistent Post Concussive Symptoms Support Group  
Format: Meeting in person with maximum of 25 participants  
Meeting Date & Time: 2nd Wednesday of each month at 6:30 PM  
Contact: James Masterson – [jmasterson@excelahealth.org](mailto:jmasterson@excelahealth.org)

### Mechanicsburg

West Shore Brain Injury Support Group  
Format: Meeting virtually on Zoom  
Meeting Day and Time: 2nd Tuesday of each month at 6:30 PM  
Contact: Pat Kautz – [patkautz3@gmail.com](mailto:patkautz3@gmail.com) or 717-580-6129

### Philadelphia

Center City Adult Brain Injury Survivor Group  
Format: Meeting virtually on Zoom  
Meeting Day & Time: 3rd Monday of the month at 6:00 PM  
Contact: Kate Morison – [phillybraininjurygroup@outlook.com](mailto:phillybraininjurygroup@outlook.com) or 267-309-1743

Brain Injury Family Care Group  
Format: Meeting virtually on Zoom  
Meeting Day & Time: 1st Wednesday of the month at 5:30 PM  
Contact: Sonya Deibler – 215-587-3411

Stroke Family CARE (Connections, Assistance, Resources, Education)  
Format: Meeting virtually on Zoom  
Meeting Day & Time: 3rd Wednesday of month at 5:30 PM  
Contact: Sonya Deibler – 215-587-3411

### Pittsburgh

West Penn Hospital Brain Injury Support Group  
Format: Meeting virtually on Zoom  
Meeting Day & Time: Varies  
Contact: Amanda – [acburg@gmail.com](mailto:acburg@gmail.com) or 412-608-0713 or Alyssa – 724-480-7299

UPMC Rehabilitation Hospital TBI Support Group  
Format: Meeting virtually on Zoom  
Meeting Day & Time: 2nd Monday of month at 6:00 PM  
Contact: Oliva – [housero@upmc.edu](mailto:housero@upmc.edu)

### Williamsport

Head Injury & Stroke Survivors Support Group  
Format: Meeting in person, requires reservation  
Meeting Day & Time: December 15<sup>th</sup>  
Contact: Mary Ann – [mbelfy2@susquehannahealth.org](mailto:mbelfy2@susquehannahealth.org)

### York

INSPIRE  
Meeting Format: Meeting virtually on Zoom  
Meeting Day & Time: 3rd Tuesday of each month at 6:00 PM  
Contact: Haley Smith – 717-812-6476 or [hsmith10@wellspan.org](mailto:hsmith10@wellspan.org) or Lauren Ruth – 717-812-6475 or [lruth2@wellspan.org](mailto:lruth2@wellspan.org)

Aim High Support Group  
Meeting Format: Working on virtual meetings  
Meeting Day & Time: To Be Determined  
Contact: Sarah – [Sarah.Kurowski@encompasshealth.com](mailto:Sarah.Kurowski@encompasshealth.com)