

Support Groups Meeting Virtually or Safely n Person

Altoona

HealthSouth Rehabilitation of Altoona
Format: Meeting in person
Meeting Day & Time: 2nd 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 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 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 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@biapa.org or Mike Hrabowski 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

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 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 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 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

Williamsport

Head Injury & Stroke Survivors Support Group
Format: Meeting in person, requires reservation
Meeting Day & Time: December 15th
Contact: Mary Ann – 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 or Lauren Ruth – 717-812-6475 or 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