

## NORTHWEST REGION

**Cameron, Clarion, Crawford, Elk, Erie, Forest, Jefferson, McKean, Mercer, Venango and Warren Counties**

### CLARION COUNTY

#### Clarion (Clarion County)

**Name:** *TBI Tuesdays*

**Location:** Clarion University Speech and Hearing Clinic

**Address:** Keeling Health Center, Clarion Main Campus

**Contact:** Mary Pat McCarthy: 814-393-2326; mmccarthy@clarion.edu

**Meeting Day:** 1st Tuesday of each month

**Meeting Time:** 7:00 to 8:30 PM (Please contact office prior to attending, occasionally the day of the meeting changes.)

**Format:** Informal, group discussion, guest speakers, social events, agenda determined by participants.

.....

## NORTHCENTRAL REGION

**Bradford, Centre, Clinton, Columbia, Lycoming, Montour, Northumberland, Potter, Snyder, Sullivan, Tioga and Union Counties**

### LYCOMING COUNTY

#### Williamsport

**Name:** Head Injury and Stroke Survivors Support Group

**Location:** Williamsport Hospital

**Address:** 700 High Street, Williamsport, PA 17701

**Contacts:** Mary Ann Belfy: 570-321-2656

**Meeting Day:** 4th Tuesday of each month

**Meeting Time:** 2:00 - 3:30 PM

**Format:** Speakers often, followed by socialization

.....

### MONTOUR COUNTY

#### Danville

**Name:** *Virtual Neuro Support Group*

**Location:** Geisinger Encompass Health Rehab Hospital  
**Address:** 64 Rehab Lane, Danville, PA 17821  
**Contacts:** Deneen Porzi 570-271-6733 or deneen.porzi@encompasshealth.com  
**Meeting Day:** 2nd Wednesday of each month (except January and February)  
**Meeting Time:** 3:00 to 4:30 PM  
**Format:** Meeting virtually, please contact Deneen for meeting link.

Topical discussions, speakers, 3 social events per year

.....

## NORTHEAST REGION

**Carbon, Lackawanna, Lehigh, Luzerne, Monroe, Northampton, Pike, Susquehanna, Wayne and Wyoming Counties**

### LEHIGH COUNTY

#### Allentown

**Name:** *Good Shepherd Brain Injury Support Group*  
**Location:** Good Shepherd Rehabilitation Hospital  
Health and Technology Building, 2nd Floor Conference Room  
**Address:** 850 South 5th Street, Allentown, PA 18103-3296  
**Contacts:** Lori Moyer-Wolfe: 610-776-3257, lmoyer@gsrh.org  
**Website:** <https://www.goodshepherdrehab.org/brain-injury-support-group-allentown>  
**Meeting Day:** 3rd Thursday of each month (Call to inquire if in-person meetings have resumed)  
**Meeting Time:** 6:30 PM  
**Format:** Must RSVP for meeting. Masks required. Group discussion, guest speakers, social and emotional support, social events, agenda determined by the participants.

.....

### LUZERNE COUNTY

#### Wilkes-Barre

**Name:** *Brain Injury Support Group at John Heinz*  
**Location:** The Board Room at John Heinz Institute of Rehabilitation  
**Address:** 150 Mundy Street, Wilkes-Barre, PA 18702  
**Contacts:** Donna Kopicki, LCSW CBIS: 570-826-3888  
Connie Myers: 570-826-3888 (Please call to confirm meeting day of in the event of a last minute cancellation)  
**Meeting Day:**

**Meeting Time:**

**Format: Support group meetings are on hold until further notice.**

.....

**MONROE COUNTY**

**Pocono Mountains Region**

**Name:** *Brain Injury Support Group of the Poconos*

**Location:** St. Luke's Hospital Monroe Campus

**Address:** 3533 Route 611, Suite 1, Bartonsville, PA 18372

**Contact:** Michael Idell, 570-599-6424, michaelidell@asbisg.org

**Meeting Day:** 1st Wednesday of each month

**Meeting Time:** 6:30 - 8:00 PM

**Format:** We offer a nonjudgmental, safe, open supportive atmosphere for those recovering from traumatic and non-traumatic brain injuries. Survivors and support partners hare successes and challenges to learn from one another. Find us on Facebook; <https://facebook.com/groups/344608312902573/>

.....

**SOUTHWEST REGION**

**Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Lawrence, Washington and Westmoreland Counties**

**ALLEGHENY COUNTY**

**Pittsburgh**

**Name:** *Moving Ahead Support Group*

**Location:** Encompass Health Rehab Hospital of Harmarville

**Address:** Guys Run Road, Pittsburgh, PA 15238

**Contacts:** Tom Byrnes, MS Ed, Brain Injury Recovery Expert, [movingahead.support@gmail.com](mailto:movingahead.support@gmail.com); 412-670-4861;

Judy Murchak, Family Member of TBI Survivor, [judymurchak@hotmail.com](mailto:judymurchak@hotmail.com); 412-821-1431

David Miller, PT, DPT, NCS, [David.Miller2@encompasshealth.com](mailto:David.Miller2@encompasshealth.com)

**Meeting Day:** 2nd Tuesday of each month

**Meeting Time:** 7:00 - 9:00 PM

**Format:** Informational, speakers most months open forums other months, 2 social events per year.

.....

**Pittsburgh**

**Name:** *SHADYSIDE Brain Injury Support Group*

**Location:** ReMed

**Address:** 5830 Ellsworth Ave, 2nd Floor , Pittsburgh, PA 15232-1778

**Contacts:** Monica Bielawski: 412-956-1694 or, email at Shadyside.tbi.group@gmail.com

**Meeting Day:** 3rd Tuesday of each month

**Meeting Time:** 7:00 - 8:30 PM

**Format:** Will resume in person meetings as soon as permitted to do so.

**Please email Shadyside.tbi.group@gmail.com for Zoom link to virtual meeting.**

Speakers, group discussion, and community activities. We provide a safe place for BI survivors, family members and caregivers to support and exchange information. We also welcome educators, students, medical professionals and anyone who wants to learn about or is willing to educate about surviving brain injury. We're meeting on Zoom for now!

.....

**Pittsburgh**

**Name:** *UPMC Rehabilitation Hospital TBI Support Group*

**Location:** UPMC Mercy

**Address:** 1400 Locust Street, Pittsburgh, PA 15219

**Contacts:** Dr. Jerrold Yeo: 412-232-4064; yeoj@upmc.edu

**Meeting Day:** Virtual meetings on 2nd Monday of each month (Group does not meet in January)

**Meeting Time:** 6:00 - 7:30 PM

**Format:** Please email Dr. Yeo for link to meeting. Thirty minutes of BI topic presentation by interdisciplinary professionals and then 1 hour of open discussion.

.....

**Pittsburgh**

**Name:** *West Penn Hospital Brain Injury Support Group*

**Location:** West Penn Hospital

**Address:** West End Overlook Park, Marlow Street, Pittsburgh (weather permitting)

**Contacts:** Amanda: 412-608-0713

**Meeting Day:** Third Wednesday of every month

**Meeting Time:** 6:30 PM

**Format:** An evening of encouragement, laughs, getting to know one another, and refreshments. All are welcome. Free parking, handicap/wheelchair accessible access. Alternate Zoom meeting on inclement weather days.

.....

**Sewickley**

**Name:** *Brain Injury and Stroke Support Group*  
**Location:** HealthSouth of Sewickley  
**Address:** 303 Camp Meeting Road, Sewickley, PA 15143  
**Contact:** Michelle McCann: 412-749-2388  
**Meeting Day:** 3rd Wednesday of each month  
**Meeting Time:** 12:00 - 1:15 PM  
**Format:** Topic focused discussions, occasional speakers, occasional social events. Complimentary lunch provided. Please call in advance for special dietary needs.

.....

**WESTMORELAND COUNTY**

**Latrobe**

**Name:** *Westmoreland Persistent Post Concussive Symptoms Support Group*  
**Location:** Excela Health Latrobe  
**Address:** Excela Square, Latrobe  
**Contacts:** James Masterson: [jmasterson@excelahealth.org](mailto:jmasterson@excelahealth.org) or Kim Charmo: 725-689-1070  
**Meeting Day:** Second Wednesday of each month  
**Meeting Time:** 6:30 to 8:00 PM  
**Format:** Group discussion, occasional guest speaker.

.....

**WESTCENTRAL REGION**

**Bedford, Blair, Cambria, Clearfield, Fulton, Huntingdon, Indiana and Somerset Counties**

**BLAIR COUNTY**

**Altoona**

**Name:** *Brain Injury Support Group*  
**Location:** Encompass Rehabilitation Hospital of Altoona  
**Address:** 2005 Valley View Boulevard, Altoona, PA 16602 (ADL Suite)  
**Contacts:** Courtney Yogus: [courtney.yogus@encompasshealth.com](mailto:courtney.yogus@encompasshealth.com) & Elizabeth Hoover: [elizabeth.hoover@encompasshealth.com](mailto:elizabeth.hoover@encompasshealth.com)  
**Meeting Day:** 2nd Thursday of each month  
**Meeting Time:** 6:00 PM - 7:30 PM  
**Format:** Varies, speakers on occasion, topics on occasion; agenda determined month by month.

.....

**Altoona**

**Name:** Altoona Brain Injury Support Group

**Location:** Center for Independent Living  
Multipurpose Room

**Address:** 2900 Beale Avenue, Suite 118, Altoona, PA 16601

**Contacts:** George Palmer: 814-949-1905  
gpalmer@cilscca.org

**Meeting Day:** Every Tuesday at 12:00 Noon

**Meeting Time:** 12:00 Noon - 2:00 PM

**Format:** Meeting both in person and virtually, please contact George for details on virtual link. BYOF - Bring your own food.

.....

**Tyrone**

**Name:** Brain Injury Group - Tyrone (BIG-T)

**Location:** Epworth Manor, 951 Washington Ave, Tyrone

**Contact:** Beth Thomas, MA: 814-684-0335 (leave a message) btphone@gmail.com

**Meeting Day:** This group plans to meet twice a year, with social events in between, dates to be determined.

**Meeting Time:** 6:00 - 8:00 PM (approximately)

.....

**INDIANA COUNTY**

**Indiana**

**Name:** IRMC Brain Injury Support Group

**Location:** Indiana Regional Medical Center PDR (near the cafe)

**Address:** 835 Hospital Rd. Indiana, PA 15701

**Contacts:** Julia Santello: jsantello@indianarmc.org

**Meeting Day:** 2nd Wednesday of the month

**Meeting Time:** 6:00 - 7:00 PM

**Format:** Social

.....

**SOUTHCENTRAL REGION**

**Adams, Berks, Cumberland, Dauphin, Franklin, Juniata, Lancaster, Lebanon, Mifflin, Perry, Schuylkill and York Counties**

**BERKS COUNTY**

**Wyomissing**

**Name:** *Brain Injury Support Group*

**Location:** Reading Hospital Rehabilitation at Wyomissing

**Address:** 2802 Papermill Road, Wyomissing, PA

**Contacts:** 484-659-0455; RHRWSupportgroups@towerhealth.org

**Meeting Day:** 3rd Wednesday of each month

**Meeting Time:** 4:00 PM

**Format:** The meeting will is available both virtual and in person. There is no registration fee. To register, please email chester.johnson@towerhealth.org

.....

**CUMBERLAND COUNTY**

**Mechanicsburg**

**Name:** *West Shore Brain Injury Support Group*

**Location:** Marzoni's Private Dining Room

**Address:** 4925 Ritter Road, Mechanicsburg, PA 17055

**Contact:** Pat Kautz: 717-580-6129, patkautz3@gmail.com

**Meeting Day:** 2nd Tuesday of each month

**Meeting Time:** 6:00 - 7:30 PM

**Format:** Meetings are open to survivors of brain injury, their family members, friends, and caregivers. This is an informal discussion to provide social and emotional support, to provide a way for people to talk freely with each other about how they are handling their brain injury issues to help one another. Zoom meetings are also scheduled for those who cannot attend as needed.

.....

**DAUPHIN COUNTY**

**Hershey**

**Name:** *HERSHEY BRAIN INJURY SUPPORT GROUP*

**Location:** Hershey Free Church

**Address:** 330 Hilltop Road, Hummelstown, PA 17036

**Contacts:** Melissa Carmen, 717-361-2854

**Meeting Day:** 3rd Thursday each month

**Meeting Time:** 7:00 - 8:30 PM

**Format:** Offers a relaxed informal atmosphere where mutual support can flourish. There is a blend of experienced traumatic brain injury survivors, family members, caregivers, and new attendees of all ages who benefit from the experiences that are shared. On occasion, speakers will attend to give a presentation to the group.

.....

**FRANKLIN COUNTY**

**Chambersburg**

**Name:** *Head Back*

**Location:** Various Locations

**Address:** Various Locations

**Contacts:** Karen Dubbs: 717-263-5721

**Meeting Day:** Last Thursday of each month. Group only meets June, July & August.

**Meeting Time:** 6:00 PM

**Format:** Please call for locations.

.....

**LANCASTER COUNTY**

**Lancaster**

**Name:** *Lancaster Area Brain Injury Support Group*

**Location:** Acadia, Suite 105

**Address:** 1813 Olde Homestead Lane, Lancaster, PA 17601 (call for directions if needed)

**Contact:** Kathleen Meade: 717-394-3466, Ext. 305

**Meeting Day:** 1st Thursday of the month

**Meeting Time:** 7:00 - 8:15 PM

**Format:** **Currently meeting virtually, please reach out to Kathleen for details.**

Meeting is open to survivors of brain injury, their family members, friends, and caregivers. This is an open forum discussion for support, networking and resource sharing.

.....

**YORK COUNTY**

**York**

**Name:** *Aim High Support Group*

**Location:** Encompass Health Rehabilitation Hospital of York

**Address:** 1850 Normandie Drive; York, PA 17408

**Contact:** Sarah Kurowski: Sarah.Kurowski@encompasshealth.com

**Day:** 2nd Wednesday of each month

**Meeting Time:** 6:30 - 8:00 PM

**Format:** **Currently meeting virtually, please reach out to Sarah for details.**

**Hoping to resume in person meetings in summer 2022.** Aim High is organized and led by Encompass staff therapists Sarah Kurowski (OT), Azella Dunams (OT), and Ashley Riehl (OT). Guest speakers, who bring various types of knowledge and awareness to our attendees, are frequently in attendance. Speakers from the Disability Rights Network of Pennsylvania, the Tri-State Advocacy Project, as well as a neuropsychologist who has spoken to topics including adjustment strategies, as well as various cognitive abilities that may be impacted following brain injury or stroke have already attended the meetings.



At each meeting we take time to discuss monthly accomplishments, such as driving or returning to work, thus inspiring our friends who are in attendance at the meeting. Hardships and advice on how to cope are also discussed. The goal of the meeting is to provide an environment in which attendees feel comfortable sharing feelings, discussing important topics, and encouraging one another. Twice a year a "break out" session is held in which caregivers/support persons and survivors separate and have the opportunity to openly discuss concerns, struggles and topics of interest. There are many members of this group who have been loyal for years and new faces are always welcome to our group!

.....

**York**

**Name:** INSPIRE

**Location:** Wellspan Surgery and Rehabilitation Hospital, Apple Hill Medical Campus

**Address:** 55 Monument Drive, York PA 17403, Second Floor of Rehab Hospital

**Contact:** Haley Smith hsmith10@wellspan.org or Lauren Ruth lruth2@wellspan.org

**Time:** 3rd Tuesday of the month, 6:00-7:30 PM

**Format:** If you prefer, you can participate virtually in the meeting. Please contact Haley or Lauren at wsrhbraininjuryprogram@wellspan.org for a link to the meeting.

Open discussion, special topics, speakers, activities. Survivors, families, and friends of brain injury and stroke encouraged to attend.

.....

**SOUTHEAST REGION**

**Bucks, Chester, Delaware, Montgomery and Philadelphia Counties**

**BUCKS COUNTY**

**Langhorne**

**Name:** *Heads On Straight for TBI Survivors& Families Support Group*

**Location:** Saint Mary Rehabilitation Center

**Address:** 1208 Langhorne-Newtown Road, Langhorne, PA 19047

**Contact:** Anne Sears, Mike Hrabowski: 215-741-4196

**Meeting Day:** 1st & 3rd Tuesdays of each month

**Meeting Time:** 6:30 - 8:00 PM

**Format:** Meeting virtually, please contact Mike Hrbowski for link to meeting.

.....

**Quakertown**

**Name:** *Brain Injury Family Support Group*

**Location:** Meeting virtually

**Address:**

**Contacts:** Caitie Chovanes: CChovanes@successrehab.com or

Dr. Karen Rosenberger: 215-538-3488

**Meeting Day:** 3rd Monday of each month

**Meeting Time:** 6:00 - 7:00 PM

**Format: Monthly meetings held via Zoom.** For additional details on the Zoom meeting, including a link to the meeting, please contact either Caitie Chovans - CChovanes@successrehab.com or Karen Rosenberger - KRosenberger@successrehab.com.

Social and emotion support for families and friends of survivors of brain trauma. Meetings also include topic discussions, education opportunities and guest presentations.

.....  
**CHESTER COUNTY**

**Malvern**

**Name:** *Survivors Group and Family Members Group*  
(2 separate groups meet at the same time)

**Location:** Bryn Mawr Rehabilitation

**Address:** 414 Paoli Pike, Malvern, PA 19355

**Contact:** Cynthia Simonds, PhD: 484-596-5430 (Survivor's Group); Hilary Knecht: KnechtH@MLHS.org (Caregiver's Group)

**Meeting Day:** 2nd Tuesday of each month

**Meeting Time:** 5:00 - 6:30 PM

**Format: To join the group, please call 484-596-5430 to leave name, address, and email address.** You will be added to the group. Meeting is an open discussion format with opportunity for support, networking, and resource sharing. We do have occasional speakers and two social events throughout the year.

.....  
**MONTGOMERY COUNTY**

**Elkins Park**

**Name:** *Brain Injury Empowerment Group*

**Location:** Moss Rehab Elkins Park Campus, Drucker Brain Injury Center

**Address:** 60 East Township Line Road, Elkins Park, PA 19027

**Contacts:** Debbie Eisen: 215-663-6857; debra.eisen@jefferson.edu

**Meeting Day:** 2nd Monday of each month

**Meeting Time:** 5:00 - 6:30 PM

**Format: Meeting virtually, please email Debbie for details and a meeting link.**

.....

**King of Prussia**

**Name:** TBI Support Group for Survivors and Caregivers

**Location:** Hope Community Church

**Address:** 150 East Beidler, Road, King of Prussia, PA

**Contact:** Todd Buzby: 610-574-0827; twbuzby@gmail.com

**Meeting Day:** Third Friday of each month.

**Meeting Time:** 12:00 Noon

**Format: This group currently meets virtually. Please email Todd for a link to the meeting.**

Open discussion for brain injury survivors and supporters.

.....

**PHILADELPHIA COUNTY**

**Norristown**

**Name:** *Adult Survivors & Family Members Group*

**Location:** Suburban Community Hospital (1st Floor, Room 106)

**Address:** 2701 DeKalb Pike, Norristown, PA 19401

**Contacts:** Catherine Chambers: 610-279-9068; Charlene Towers: 610-999-0713

**Meeting Day:** 4th Monday of every month

**Meeting Time:** 6:30 - 8:00 PM

**Format:** To educate & support survivors and caregivers.

.....

**Philadelphia**

**Name:** *Brain Injury Support Group*

**Location:** Magee Rehabilitation

**Address:** 1513 Race Street, Philadelphia, PA 19102

**Contacts:** Sonya Dibeler: 215-587-3411; Sonya.Dibeler@jefferson.edu, or Rebecca Levenberg; Rebecca.Levenberg@Jefferson.edu

**Meeting Day:** 1st Wednesday of each month

**Meeting Time:** 5:30 PM

**Format: Meeting virtually, please call for details.**

This group is geared toward the needs of persons with brain injury and family members.

.....

**Philadelphia**

**Name:** *Stroke Support Group*

**Location:** Magee Rehabilitation

**Address:** 1513 Race Street, Philadelphia, PA 19102

**Contacts:** Sonya Dibeler: 215-587-3411; Sonya.Dibeler@jefferson.edu, or Rebecca Levenberg; Rebecca.Levenberg@Jefferson.edu

**Meeting Day:** First Tuesday of each month except August

**Meeting Time:** 11:00 AM

**Format:** This group of outpatients meets monthly to socialize, share information, and plan outings and events.

.....  
**Philadelphia**

**Name:** *Parents and Caregivers Support Group for Parents/Caregivers of Children w/Brain Injury*

**Location:** Children's Seashore House, 3rd Floor of Children's Hospital of Philadelphia

**Address:** 34th & Civic Center Boulevard, Philadelphia, PA 19104

**Contact:** Maureen Sullivan: 215-590-7645

**Meeting Day:** 2<sup>nd</sup> Wednesday of each month (Group does not meet in July and August)

**Meeting Time:** 7:00 – 8:30 PM

**Format: Planning to resume in person meetings in September 2022.**

Determined month by month, speakers arranged on topics generated by group.

.....  
**Philadelphia**

**Name:** *Teen Brain Injury Support Group*

**Location:** Children's Seashore House,  
Children's Hospital of Philadelphia

**Address:** 34th & Civic Center Boulevard, Philadelphia, PA 19104

**Contact:** Gayle Chesley: 267-426-7388

**Meeting Day:** 2<sup>nd</sup> Wednesday of each month

**Meeting Time:** 7:00 – 8:30 PM (Teen groups meets separately from, but at the same time as the Caregiver group. Group does not meet in July and August.)

**Format: Currently not meeting, hoping to resume meetings in September 2022.**

This group is for adolescents, ages 13-22, who have brain injuries. Meeting formats vary, with open discussions, speakers, theme nights, and social events.

.....  
**Philadelphia**

**Name:** *Center City Adult Brain Injury Survivor Support Group*

**Location:** Subway Restaurant, 2217 S. Broad St, Philadelphia, PA 19148

**Contact:** Kate Morison, MA, LPC, CBIS: 267-309-1743,  
phillybraininjurygroup@outlook.com

**Meeting Day:** 3rd Wednesday of each month

**Meeting Time:** 6:00 - 7:15 PM

**Format: Meeting is virtual via Microsoft Teams. Please email Kate Morison for meeting link and details.**

This is a support group for adults (18+) living with brain injury.  
The group emphasizes social support/social development.

.....  
**Philadelphia**

**Name:** A SUPPORT GROUP FOR CAREGIVERS: Coping with Changes After Brain Injury

**Location:** Good Shepherd Penn Partners, 1800 Lombard Street, Philadelphia -  
Multipurpose Room

**Contact:** Jess Kasper, MS, OTR/L: 215-893-6425

**Meeting Day:** First and Third Wednesday of each month

**Meeting Time:** 3:00 - 4:00 PM

**Format:** This is a support group specifically for caregivers and families of survivors of brain injury. The group is run by the inpatient brain injury interdisciplinary team consisting of health professionals from the therapy department, case management, and neuropsychology. It is an informal group that provides caregivers with a forum to share experiences, resources and strategies for coping during this challenging transition.

\*\*Please RSVP IF YOU ARE NEW TO THE GROUP, please email or call beforehand to complete the brief questionnaire so we can best meet your needs. Thank you.

.....  
**Philadelphia**

**Name:** *Penn Traumatic Brain Injury Support Group*

**Location:** Penn Presbyterian Medical Center, Heart and Vascular Pavilion

**Address:** 51 N. 29th Street, Philadelphia, PA

**Contact:** Alexa Walter; alexa.walter@pennmedicine.upenn.edu

**Meeting Day:** 4th Monday of each month

**Meeting Time:** 5:00 – 6:30 PM  
.....



# Zoom Support Meetings

4th Thursday  
of every month

*sign up*

[Hopeafterheadinjury.com  
/community](https://hopeafterheadinjury.com/community)

**Brain Injury Resource Line 1-800-**

**444-6443**