

## ABI Support Groups

Are you part of the ABI community or looking to join a supportive group of peers? Our support groups provide a space to discuss common challenges, learn about living with ABI, and enjoy a positive environment. BIAPH's mission is to offer a safe place for sharing stories, access to professional information, and opportunities for recreational and social activities. Come and experience a meeting to see if it's right for you.

### Survivor & Caregiver Support Group

Eligibility: 18+

- For survivors and caregivers
- Safe space to share stories,
- Share resources and tips on managing life with an ABI
- Guest speakers from disciplines related to brain injury, rehabilitation, and health.

**Meeting Schedule:** Survivors and caregivers meet weekly (in-person or virtually) on Tuesdays from 7:00 PM to 8:30 PM.

### Caregiver Support Group

Eligibility: 18+

- Caregivers only
- Safe space to share stories,
- Share resources and tips on self care and managing caregiver responsibilities
- Guest speakers from disciplines related to brain injury, rehabilitation, and caregiving.

**Meeting Schedule:** Survivors and caregivers meet virtually on Tuesdays from 7:00 PM to 8:30 PM each month.

### Headspin: Young Adult Support Group

Eligibility: 16 – 40

Driven by member interests, some programs include activities such as a cooking class, billiards, paint night, games night, etc. The members of our Headspin support group pay a fee for each activity depending on its cost. It is quite typical for this cost to range anywhere between \$5 – \$10.00 – \$25.00.

**Meeting Schedule:** Survivors meet weekly (in-person or virtually) on Thursdays from 7:00 PM to 8:30 PM.

## Membership Options

**Enjoy your first three meetings for free—discover if it's the right fit for you!**

**Standard Membership Fee:** \$5/month or \$50/year

### Alternative Membership Option:

If financial challenges make it difficult to pay the membership fee, you can join through our Stories of Strength Fundraiser. Share your story and photograph, and fundraise the cost of your membership while inspiring others in our community.

- **Ripple Effect of Support:** Any funds raised beyond \$50 will be used to help other brain injury survivors access memberships, creating a positive impact for others in need.



[Intake Form](#)



[Membership](#)



[Stories of Strength](#)