

Support Group Networks

Support group networks offers informational, educational, social and recreational activities for survivors of brain injury, their families, and other interested individuals.

Brain Injury Support Groups are available across North and South Carolina. Contact Project STAR at 704-355-1502 or the Brain Injury Association of North Carolina at 1-800-377-1464 or their website: www.bianc.net for information on available support groups or for information on developing a support group.

Information Library and Resource Database

Information related to brain injury and community resources is available.

Contact **Project STAR at Carolinas Rehabilitation at 704-355-1502** to request information or to schedule a time to review information in the library.

BRAIN INJURY ASSOCIATION OF NORTH CAROLINA (BIANC)

**Raleigh, NC
Triangle Family and Community
Support Office
Toll Free Family Helpline
1-800-377-1464
Website: www.ncbraininjury.net**

**Charlotte, NC
Family and Community Support
Office at Carolinas Rehabilitation
704-355-1502 or 1-800-634-2256 ext 51502**

**Greenville, NC
Eastern Family and Community
Support Office
1-800-697-3115**

**Asheville, NC
Family and Community Support Office at
Community CarePartners
1-866-890-7801**

**Community
Opportunities for
Individuals Who
Have Experienced
Brain Injury
and Their
Families**

**TBI Project STAR at Carolinas
Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203
704-355-1502
Toll free: 1-800-634-2256 extension 51502**

**TBI Project STAR at
Carolinas Rehabilitation
1100 Blythe Blvd.
Charlotte, NC 28203
704-355-1502
Toll free: 1-800-634-2256
extension 51502**

**COMMUNITY OPPORTUNITIES
FOR INDIVIDUALS WHO HAVE
EXPERIENCED BRAIN
INJURY AND THEIR FAMILIES**

Shining S.T.A.R Program

Where: Bette Rae Thomas Recreation Center
2921 Tuckaseegee Road, Charlotte,
NC

When: Mondays and Wednesdays
9:30am -1: 30pm

Description: The program provides a variety of social, recreational and leisure options within the community. Offered activities include leisure education, community trips, bowling, cooking, physical fitness, computers, gardening, pottery and community projects.

Contact: Vernice Gallon
Mecklenburg County Park and
Recreation — Therapeutic Recreation
Division
704-432-3049

Bowling Leagues

Description: Bowling leagues are scheduled several times through out the year for all ability levels.

Contact: Vernice Gallon
Mecklenburg County Park and Recreation
Therapeutic Recreation Division
704-432-3049

Community Living Classes

Description: Class focuses on use of compensatory strategies, problem solving, social skills building, and peer interactions. Second portion of class involves community-based activities/ outing to encourage use of compensatory strategies in the community. Participants in class will be involved in leading the class on a rotating basis. This involves meeting with a class instructor outside of class to plan activity and schedule.

**Central Piedmont Community College
Charlotte, NC**

When: Thursdays
9:00 a.m.-2:00 p.m.

Contact: Tami Guerrier
Project STAR, 704-355-9713 or
704-355-1502

**Mitchell Community College
Statesville, NC**

Contact: Sherry Clarke
704-878- 3233

**Caldwell Community College
Hudson/Boone, NC**

Contact: Christie Crump
828-726-2275

Computer Loan Program

Where: Vocational Rehabilitation-
Independent Living, Charlotte, NC

Description: Refurbished computers are loaned to eligible individuals. Some training is provided for Internet use and basic computer skills. Computer donations are accepted and are tax deductible.

Contact: Maria Brown- Cherry
Vocational Rehabilitation--
Independent Living, Charlotte, NC
704-568-8804

**Recreation Therapy: Individual
and Group Services**

Where: Vocational Rehabilitation-
Independent Living-Albemarle, NC

Service provided in Anson, Cabarrus,
Montgomery, Richmond, Rowan,
Stanly, and Union Counties.

Description: This service assists individuals with becoming more involved in their community, develop personal recreation interests, deal with things that get in the way of community and recreation participation and learn new skills or relearn previous skills. Through Group Services, individuals meet with the recreation therapist in pairs or groups with individuals who have similar likes and interests. Individual recreation therapy is provided as well.

Contact: Vocational Rehabilitation-
Independent Living, Albemarle, NC
704-985-1172

**McGill Rose Garden Volunteer
Work/Gardening Project**

Where: McGill Rose Garden
940 North Davidson Street
Charlotte, NC

Description: Participants perform volunteer duties at the Rose Garden, including planting and maintaining gardens and office areas. Volunteers can learn gardening and work skills, get physical activity, enjoy nature and give back to their community.

Contact: Sally Rickard, Project STAR
704-355-2620 or 355-1502
Eric Ritchie, McGill Rose Garden
704-333-6497