

Brain Injury Resources:

We encourage you ask questions! If we don't know the answer we will assist you in finding the answer! Included below are several local and national resource/support opportunities that may be beneficial

LOCAL BRAIN INJURY ALLIANCE

Brain Injury Alliance of Iowa

Website: www.biaia.org
Phone: 1-855-444-6443
Email: info@biaia.org

The Brain Injury Alliance of Iowa focuses on brain injury prevention, advocacy, education, research and support and has neuro-resource facilitators available to assist you.

LOCAL SUPPORT GROUPS

Central Area Support Group

A monthly support group that meets the 3rd Monday of the month
Location: Urbandale Public Library - 3520 86th St, Urbandale, IA 50322
Time: 5:30p-7p
Contact: Chelsea Adams, 515-612-4104 or chelseacasgf@gmail.com

On With Life's Brain Injury Coping Skills Group

Every Wednesday from 5:30pm-6:30pm
On With Life – Ankeny Wellness Room
715 SW Ankeny Road
Ankeny, Iowa 50023

Contact:

Tammy Miller, 515-289-9662 or tmiller@onwithlife.org

Or

Dave Anders, 515-289-9626 or danders@onwithlife.org

Website: www.onwithlife.org

This is a group of peers and caregivers that get together monthly for support and friendship. Topics, informational speakers, sharing and caring are all different activities. Caregivers and survivors go to separate groups for sharing and caring months. No pre-registration required, just show up!