Brain Injury Support Groups

Brain Injury Alliance CONNECTICUT

"I know it all sounds so silly or dramatic but after the hour we said goodbye and I somehow felt the weight on my shoulders seemed a little lighter, I smiled and felt a little ahppier."

-Alisa

*Please feel free to contact any group for specific information related to meeting details.

Updated October 20 2026

Type/Town	When	Where	Contact
Virtual Meeting	2nd Wednesday of each month Time: 7:00-8:00 pm	*Contact Nicole Cruse for Link	Nicole Cruse: crusen2@sacredheart.edu Assistant Professor; Department of Speech, Language, and Hearing Sciences Sacred Heart University
Virtual Meeting	1st Thursday of each month Time: 6:00-7:00 pm	*Contact Marie Leonard for zoom details	Victor DarrSenior Brain Injury Specialist, CBIS (860) 219-0291 x302 vdarr@biact.org Marie Leonard: Mleonard.cpg@gmail.com
Virtual Meeting	3rd Thursday of each month, 12:00-1:00 pm	https://zoom.us/j/99768051206?pwd=2BiPCEfUgRtqCKZvLI8Q1qnDMZBo7B.1	Rachel Kuhn ABI Program Director, CBIS Project Genesis rkuhn@projectgenesis.us 860-377-6727 Tenzin Youdon Program Manager tyoudon@projectgenesis.us 860-377-0788
Virtual Meeting	2nd Thursday of each month, 5:00-6:00 pm	https://gaylord.zoom.us/j/91153734113?pwd=TXBmeHdrOXFJL3cwOEhDSENQZE1GQT09	Kaila Morin, PT, DPT Physical Therapist & TBI Clinical Specialist Gaylord Specialty Healthcare (203) 284-2800 x3614, kmorin@gaylord.org
Virtual Meeting **Family Caregiver Support**	1st Wednesday of each month at 7:00- 8:00 pm	https://us02web.zoom.us/j/8805	Victor DarrSenior Brain Injury Specialist, CBIS (860) 219-0291 x302 vdarr@biact.org
Virtual Meeting **Partner and Spouse Support Group**	4th Tuesday of each month at 7:00- 8:00 pm	https://us06web.zoom.us/j/89787347389?pwd=NTRwWEFBamkyc09CaUZTM1ozMFlKUT09	Marie Leonard, Spouse of Survivor PartneringwithGrace@gmail.com
NEW-Virtual Meeting **Active Adult Survivors**	**3rd Wednesday of each month at 5:30 p.m., with the inaugural meeting scheduled for September 16**	https://us05web.zoom.us/j/87392690762	Cora Pokrifka call / text 860-248-6611 cora@empoweredspeechandcoaching.com

Type/Town	When	Where	Contact
Hybrid (in-person/virtual) North Haven	3rd Tuesday of each month Time: 6:30-7:30 pm	North Haven Recreational Center, 7 Linsley Street, North Haven, CT 06473 *Contact Liz Collins for Link	Liz Collins, Elizabethcollins12@gmail.com 203-430-0251 (LCSW) Barbara Nadeau, Barbara.Nadeau@quinnipiac.edu, 203-582-8691 (Clinical Associate Professor/Occupational Therapy at Quinnipiac University)
Hybrid (In-Person/Virtual) Avon-Expressive Arts Support Group	3rd Wednesday of each month 1:00-2:00 pm *Contact Rebecca Maloney for zoom details	SLG Avon Location 147 Simsbury Rd., Avon, CT 06001	Brittany Ritter, brittanyritter.slg@gmail.com, 860-465-6116 Rebecca Maloney inspirearts@slg-ct.com
Hybrid (In-Person/Virtual) Bethany-Expressive Support Group Arts	3rd Wednesday of each month 1:00-2:00 pm *Contact Rebecca Maloney for zoom details	SLG Bethany Location 23 Amity Rd., Bethany, CT 06524	Brittany Ritter, Director Home Care Services brittanyritter.slg@gmail.com, 860-465-6116 Rebecca Maloney, Inspire Arts Senior Mgr inspirearts@slg-ct.com
Hybrid (In-Person/Virtual) Waterbury	1x month (Day and time will vary)*Call for meeting info	*Contact Sherry Arslan for meeting info	Sherry Arslan, sarslan@ilsct.net, 203-819-0999 (ILST at Independent Living Solutions)
Hybrid (In-Person/Virtual) New Britain	2nd Wednesday of each month at 6:00-7:00pm https://us06web.zoom.us/j/83743451196?pwd=FykaNQJcWyWrjqkryuSeKoJglTplOh.1	Hospital for Special Care, Lower Level Conference Room, 2150 Corbin Avenue, New Britain, CT 06053	Carly Law OTR/L CLaw@hfsc.org 860-827-1958 ext. 5891
In-Person "Mindfulness" Prospect	First Friday of each month at 1:00-2:00 pm	Prestige Companion and Homemakers 33 Waterbury Rd, Prospect	Nicole Arteaga Program Manager, Prestige Companion and Homemakers nmalinowsky@prestigecandh.com
In-Person Social Communication Support Group Fairfield	1st and 3rd Mondays of each month at 1:30-2:30pm	Fairfield Woods Branch Library 1147 Fairfield Woods Rd., Fairfield, CT 06825	Nicole Cruse: crusen2@sacredheart.edu Assistant Professor; Department of Speech, Language, and Hearing Sciences Sacred Heart University

BIAC Support Groups

Brain Injury Alliance of Connecticut
200 Day Hill Road, Suite 250,
Windsor, CT 06095
860-219-0291, www.biact.org