VDH VIRGINIA DEPARTMENT OF HEALTH

# National, State and Virtual Stroke Support Group Resources

*This list was confirmed as of April 2026.*

**Directories:**

- **National:** Find a Stroke Support Group Nearby (American Stroke Association) https://www.stroke.org/en/stroke-support-group-finder
- **Virginia Brain Injury Community Resource Directory:** Search for support groups, therapists, rehabilitation providers, attorneys and more. https://www.biav.net/resource-directory/

**National Stroke Family Warmline (American Heart Association)**

- 1-888-4-STROKE (1-888-478-7653)
- Connects stroke survivors, their families and caregivers with an American Stroke Association team member who can provide support, helpful information or just a listening ear. Call between 8:30 a.m. and 5 p.m. CT (9:30 a.m. and 6 p.m. ET), Monday through Friday.

**Virtual Support Groups:**

**National: Advocate Virtual Stroke Support Group**
3rd Wednesday of the month
4:00 PM - 5:00 PM Central Time (5 pm – 6 pm Eastern Time)
**Zoom:**
https://aah-org.zoom.us/j/95569645782?pwd=SmFBNpfzTbb59zGytpirFHsT0bui2d.1
1-312-626-6799 US | Meeting ID: 955 6964 5782 | Passcode: 545282
**Contact**
Kate Murczek, RN or Sandra Parker
(708) 684-5294 (847) 723-5943
Katherine.murczek@aah.org

**Virginia: Statewide Virtual Brain Injury Support Group**
For people living with brain injury, caregivers, family and friends.
Virtually on the 4th Tuesday of every month at 6:00 pm.
Contact Julia at julia@biav.net or info@biav.net
804-355-5748 to get an invitation to the meetings.