

Stroke Support Groups

July 2026

City	Aldie
Region	NW
Virtual (V) or In Person (IP)	IP, V
Name	Stroke and Brain Injury Support Group - Aldie
Address	Encompass Rehabilitation Hospital of Northern Virginia 24430 Millstream Drive Aldie, Virginia 20105
Meeting Details	Third Thursday of the month 4:00 PM - 5:00 PM Eastern
Contact person	Taylor Payne DPT
Email address	Taylor.Payne1@encompasshealth.com
Phone number	(703) 957-2042
2nd Contact person	Suma Kulkarni DPT
2nd Email address	Suma.Kulkarni@encompasshealth.com

City	Arlington
Region	NOVA
Virtual (V) or In Person (IP)	IP
Name	VHC Health Stroke Survivors Group Sign-up at https://vhc-stroke-survivors.kit.com/
Address	VHC Health Outpatient Pavilion 1851 N George Mason Drive Arlington, Virginia 22205
Meeting Details	2nd Tuesday of Month Garden Level Conference Room; 5:30 PM - 7:00 PM EST
Contact person	Melissa Gray, RN
Email address	strokesurvivors@vhchealth.org
Phone number	(703) 558-8536
2nd Contact person	NA
2nd Email address	NA

City	Blacksburg
Region	SW
Virtual (V) or In Person (IP)	IP
Name	New River Valley Brain Injury Support Group
Address	3700 S Main St Blacksburg, Virginia 24084
Meeting Details	Second Tuesday, Monthly 6:00 PM - 8:00 PM Eastern
Contact person	Terri Shelor
Email address	tshelor@radford.edu
Phone number	(540) 831-7196, (540) 831-7640
2nd Contact person	Rebecca Epperly
2nd Email address	rdepperly@radford.edu

Stroke Support Groups

July 2026

City	Charlottesville
Region	NW
Virtual (V) or In Person (IP)	V
Name	Charlottesville Brain Insult Support Group
Address	Virtual: Zoom link provided. https://elizabethcottone.com/
Meeting Details	First Thursday of the month 12:00 PM - 1:30 PM Eastern
Contact person	Elizabeth Cottone, PhD
Email address	cottoneelizabeth@gmail.com
Phone number	(434) 996-9189
2nd Contact person	Beth Cottone
2nd Email address	www.elizabethcottone.com

City	Charlottesville
Region	NW
Virtual (V) or In Person (IP)	IP
Name	Stroke Comeback Meeting
Address	UVA Encompass Health Rehab Hospital, 540 Belvedere Blvd, Charlottesville, Virginia 22901
Meeting Details	4th Wednesday of the month 4:30 PM - 5:30 PM Eastern
Contact person	Beth Curtis, OTR/L
Email address	Beth.Curtis@encompasshealth.com
Phone number	(434) 244-2069, 434-244-2000
2nd Contact person	Brandi Houck
2nd Email address	Brandi.Houck@encompasshealth.com

City	Fairfax
Region	NOVA
Virtual (V) or In Person (IP)	V
Name	Inova Fairfax Hospital Stroke Support Group
Address	Virtually
Meeting Details	Currently 1st Tuesday of the month/virtually, 7:00 PM - 8:30 PM Eastern
Contact person	Katy Brown
Email address	fairfaxstrokesupport@inova.org
Phone number	703-776-3476
2nd Contact person	NA
2nd Email address	NA

City	Fredericksburg
Region	NOVA
Virtual (V) or In Person (IP)	IP
Name	Mary Washington Healthcare's Stroke Support Group
Address	Tompkins-Martin Medical Plaza 1101 Sam Perry Blvd., Classroom B Fredericksburg, VA 22401
Meeting Details	1st Tuesday of every month, 6:30 PM–8:00 PM. An ongoing resource for stroke survivors and their families or caregivers.
Contact person	Susan Halpin Stroke Coordinator
Email address	susan.halpin@mwhc.com
Phone number	(540) 741-4815
2nd Contact person	NA
2nd Email address	NA

City	Front Royal
Region	NOVA
Virtual (V) or In Person (IP)	IP
Name	Front Royal Stroke Support Group
Address	Front Royal, Virginia 20136
Meeting Details	Monday, Every Month 4:30 PM - 6:00 PM Eastern Defers Based on activity
Contact person	Juhi Vora
Email address	jvora@valleyhealthlink.com
Phone number	(540) 635-0730
2nd Contact person	NA
2nd Email address	NA

City	Galax
Region	SW
Virtual (V) or In Person (IP)	IP
Name	Twin County Stroke Support Group
Address	199 Hospital Drive Suite 1 Galax, Virginia 24333
Meeting Details	2nd Thursday of every month 1:00 PM - 2:00 PM Eastern
Contact person	Rebecca Johnson, OTR/L
Email address	rebecca.johnson1@lpnt.net
Phone number	(276) 236-1675
2nd Contact person	NA
2nd Email address	NA

Stroke Support Groups

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City	Lynchburg
Region	SW
Virtual (V) or In Person (IP)	IP
Name	Centra Health Brain Injury Support Group
Address	Lynchburg Family Residency 2323 Memorial Ave, Suite 10 Lynchburg, VA 24501
Meeting Details	4th Thursday each month, 1:00 PM - 2:00 PM.
Contact person	Kaitlin Riley
Email address	Kaitlin@bisolutions.org
Phone number	434-993-8417
2nd Contact person	NA
2nd Email address	NA

City	Manassas
Region	NOVA
Virtual (V) or In Person (IP)	IP
Name	Manassas Stroke Support Group
Address	Prince William Medical Center 8700 Sudley Rd Manassas, Virginia 20110
Meeting Details	3rd Thursday, Monthly 10:00 AM - 11:30 AM Eastern
Contact person	Surabhi (Chikki) Rao, OTR/L
Email address	chikki.rao@gmail.com
Phone number	(703) 434-0509
2nd Contact person	NA
2nd Email address	NA

City	Marion
Region	SW
Virtual (V) or In Person (IP)	IP
Name	Stroke and Brain Injury Support Group of Southwest Virginia
Address	1 Health Way Marion, Virginia 24354
Meeting Details	Lifetime Wellness Center 2nd Monday, Monthly 6:00 PM - 7:00 PM
Contact person	Christy Vaught
Email address	kcvaught92@gmail.com
Phone number	(276) 685-1205
2nd Contact person	Hannah Caudill
2nd Email address	strokegroupswva@gmail.com

Stroke Support Groups

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City	Martinsville
Region	SW
Virtual (V) or In Person (IP)	IP
Name	Martinsville Area Stroke and Brain Injury support group
Address	Sovah Health, 320 Hospital Dr. Martinsville, VA 24112.
Meeting Details	2nd Friday of each month 11:00 AM-Noon
Contact person	Linda Adams
Email address	linda@bisolutions.org
Phone number	NA
2nd Contact person	NA
2nd Email address	NA

City	Mount Vernon
Region	NOVA
Virtual (V) or In Person (IP)	IP, V
Name	Stroke Survivor Support Group Inova Mount Vernon Hospital
Address	Inova Mount Vernon Hospital 2501 Parkers Lane Alexandria, VA 22306 2nd Floor Engh Conference Room
Meeting Details	Every 4th Tuesday of the month; 4:00 PM - 5:00 PM.
Contact person	Katelyn Wing
Email address	Katelyn.Wing@inova.org
Phone number	NA
2nd Contact person	Morgan Farrell
2nd Email address	Morgan.Farrell@inova.org

City	Mount Vernon
Region	NOVA
Virtual (V) or In Person (IP)	IP
Name	Stroke Caregiver Support Group Inova Mount Vernon Hospital
Address	Inova Mount Vernon Hospital 2501 Parkers Lane Alexandria, VA 22306 2nd Floor Engh Conference Room
Meeting Details	Every 4th Tuesday of the month; 4:00 PM - 5:00 PM.
Contact person	Ayasia Alfred
Email address	Ayasia.Alfred@inova.org
Phone number	NA
2nd Contact person	Maria Bruce
2nd Email address	Maria.Bruce@inova.org

Stroke Support Groups

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City	Newport News
Region	East
Virtual (V) or In Person (IP)	IP, V
Name	Riverside Rehabilitation Hospital (Yorktown) Stroke Support Group
Address	250 Josephs Drive Yorktown, VA 23693
Meeting Details	3rd Thursday of each month 10:30 AM–11:30 AM - Cafeteria
Contact person	Katie Sherlock
Email address	KaSherlock@selectmedical.com
Phone number	NA
2nd Contact person	Stefanie Gormly
2nd Email address	sgormly@selectmedical.com

City	Norfolk
Region	East
Virtual (V) or In Person (IP)	IP
Name	Sentara Stroke Support Group
Address	Brock Cancer Center 6251 E Virginia Beach Blvd Norfolk, Virginia 23502
Meeting Details	Room 306 2nd Thursday of each month 6:00 PM–7:30 PM Eastern
Contact person	Richard Booker, MSED
Email address	rbook005@gmail.com
Phone number	(757) 282-1231
2nd Contact person	NA
2nd Email address	NA

City	Petersburg
Region	Central
Virtual (V) or In Person (IP)	IP
Name	Petersburg - Encompass Health Rehabilitation Hospital
Address	95 Medical Park Blvd
Meeting Details	1st Monday of the month Noon–1:30 PM
Contact person	Olivia Wilson, CCC-SLP
Email address	Olivia.Wilson@encompasshealth.com
Phone number	(804) 504-8225
2nd Contact person	NA
2nd Email address	NA

Stroke Support Groups

July 2026

City	Richmond
Region	Central
Virtual (V) or In Person (IP)	IP, V
Name	Richmond - Sheltering Arms Institute Stroke Support Group
Address	Sheltering Arms Institute 2000 Wilkes Ridge Drive Richmond, VA 23233
Meeting Details	4th Wednesday of each month, 2:00 PM-3:00 p.m.
Contact person	Jessica Gulizia, CTRS
Email address	Register here: https://shelteringarmsinstitute.com/conditions-and-services/stroke-rehabilitation/stroke-support-group/
Phone number	(804) 578-6532
2nd Contact person	NA
2nd Email address	NA

City	Richmond
Region	Central
Virtual (V) or In Person (IP)	IP, V
Name	Richmond - Encompass Health Stroke Support Group
Address	5700 Fitzhugh Ave Richmond, Virginia 23226
Meeting Details	Meets once a month on varying Fridays in the Meal Group Room or virtually, from 3:00–4:00 p.m.
Contact person	Morgan Rowell
Email address	morgan.rowell@encompasshealth.com
Phone number	(804) 288-5700
2nd Contact person	Natalie Ayares
2nd Email address	natalie.ayares@encompasshealth.com

City	Richmond
Region	Central
Virtual (V) or In Person (IP)	IP
Name	Richmond Area Stroke Support Group for Caregivers, Survivors
Address	Parham Doctors Hospital, 7700 East Parham Road Richmond, Virginia 23294
Meeting Details	4th Thursday of each month, 3:30 PM - 4:30 PM Eastern, 4th floor therapy room
Contact person	Sharyn Mann, MS
Email address	Jazzyjersey52@gmail.com
Phone number	(804) 365-2357
2nd Contact person	NA
2nd Email address	NA

Stroke Support Groups

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City	Roanoke
Region	SW
Virtual (V) or In Person (IP)	IP
Name	Stroke and Brain Injury Support Group of SW Virginia
Address	Lifetime Wellness Center. 1 Health Way Marion, Virginia 24354
Meeting Details	2nd Monday of each month, from 6:00 PM-7:00 PM
Contact person	Christy Vaught & Hannah Caudill
Email address	kcvaught92@gmail.com
Phone number	(276) 685-1205
2nd Contact person	NA
2nd Email address	strokegroupswva@gmail.com

City	Roanoke
Region	SW
Virtual (V) or In Person (IP)	IP
Name	Brain Injury Arts Group
Address	Carilion Clinic Institute for Orthopedics and Neurosciences 2331 Franklin Road SW Roanoke, VA
Meeting Details	1st Wednesday of each month, Noon-1:00 PM Conference room 5, Level 2
Contact person	Lisa Linger, Keeley Healing Arts Program manager
Email address	llinger@carilionclinic.org
Phone number	NA
2nd Contact person	NA
2nd Email address	NA

City	Roanoke
Region	SW
Virtual (V) or In Person (IP)	IP
Name	Brain Injury Arts Group
Address	Carilion Clinic Institute for Orthopedics and Neurosciences Click to Register: https://www.cvent.com/c/calendar/3a8e6d00-2833-47df-840f-b1316b857417
Meeting Details	Virtual: 3rd Wednesday, 1-2 PM on MS Teams
Contact person	Lisa Linger, Keeley Healing Arts Program manager
Email address	llinger@carilionclinic.org
Phone number	NA
2nd Contact person	NA
2nd Email address	NA

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City	Vienna
Region	NOVA
Virtual (V) or In Person (IP)	IP, V
Name	The Stroke Comeback Center
Address	https://strokecomebackcenter.org
Meeting Details	Caring Connection is currently meeting on Zoom every other week
Contact person	Suzanne Coyle, CCC-SLP
Email address	info@strokecomebackcenter.org
Phone number	(703) 255-5221
2nd Contact person	NA
2nd Email address	NA

City	Virginia Beach
Region	East
Virtual (V) or In Person (IP)	IP, V
Name	Sentara Virginia Beach General Hospital Stroke Support Group
Address	1060 First Colonial Road, Virginia Beach, Virginia 23454 Executive Board Room, First Floor
Meeting Details	3rd Wednesday of each month 2:00 PM-4:00 PM . Friends, family, and caregivers are welcome.
Contact person	Janice Taylor
Email address	janicetaylor104@gmail.com
Phone number	(347) 752-1384
2nd Contact person	NA
2nd Email address	NA

City	Warrenton Serving Culpeper, Fauquier, Madison, Orange, Rappahannock, Warrenton
Region	NOVA
Virtual (V) or In Person (IP)	IP
Name	Stroke Support Group at Fauquier Health
Address	Address: 500 Hospital Dr Warrenton, Virginia 20186
Meeting Details	2nd Wednesday of the month 12:00 PM - 1:00 PM Eastern
Contact person	Mary Lee and James Materna
Email address	materna1@aol.com
Phone number	(703) 244-7662, (540) 316-5000
2nd Contact person	Mehna Rajat
2nd Email address	Rajat.Mehna@fauquierhealth.org

Stroke Support Groups

July 2026

City	Winchester
Region	NW
Virtual (V) or In Person (IP)	IP
Name	Valley Health Stroke Support Group
Address	401 Campus Blvd, Winchester VA 22601 Winchester, Virginia 22601
Meeting Details	4th Tuesday of the month, 4:30 PM - 6:00 PM Eastern
Contact person	Rhonda Ragan
Email address	rragan@valleyhealthlink.com
Phone number	(540) 536-3397
2nd Contact person	NA
2nd Email address	NA

City	Yorktown
Region	East
Virtual (V) or In Person (IP)	IP, V
Name	Riverside Stroke Support Group
Address	250 Joseph Drive Yorktown, VA 23693
Meeting Details	Meets on third Thursday at 10:30 am in person and on Zoom
Contact person	Katie Sherlock, OTR/L
Email address	Kasherlock@selectmedical.com
Phone number	757-272-0300
2nd Contact person	Stef Gormley, PT, DPT
2nd Email address	Sgormley@selectmedical.com

STATEWIDE AND NATIONAL RESOURCES

City	Based in NOVA
Region	State
Virtual (V) or In Person (IP)	V
Name	The Stroke Comeback Center
Address	https://strokecomebackcenter.org/
Meeting Details	Visit website for more information. https://strokecomebackcenter.org/
Contact person	Suzanne Coyle, CCC-SLP
Email address	info@strokecomebackcenter.org
Phone number	(703) 255-5221
2nd Contact person	NA
2nd Email address	NA

Stroke Support Groups

July 2026

City	Virginia / Statewide
Region	State
Virtual (V) or In Person (IP)	V
Name	Virginia: Statewide Virtual Brain Injury Support Group
Address	For people living with brain injury, caregivers, family and friends.
Meeting Details	Virtually on the 4th Tuesday of every month at 6:00 PM.
Contact person	Contact Julia
Email address	julia@biav.net
Phone number	804-355-5748
2nd Contact person	NA
2nd Email address	NA

City	Virginia / Statewide
Region	State
Virtual (V) or In Person (IP)	V
Name	Virginia: Brain Injury Community Resource Directory
Address	https://www.biav.net/resource-directory/
Meeting Details	Search for support groups and more.
Contact person	NA
Email address	info@biav.net
Phone number	NA
2nd Contact person	NA
2nd Email address	NA

City	National
Region	National
Virtual (V) or In Person (IP)	V
Name	National: Advocate Virtual Stroke Support Group
Address	https://aah-org.zoom.us/j/95569645782?pwd=SmFBNpfzTbb59zGytpirFHsT0bui2d.1 1-312-626-6799 US Meeting ID: 955 6964 5782 Passcode: 545282
Meeting Details	3rd Wednesday of the month, 4:00 PM - 5:00 PM Central
Contact person	Kate Murczek, RN
Email address	Katherine.murczek@aah.org
Phone number	(708) 684-5294
2nd Contact person	Sandra Parker
2nd Email address	(847) 723-5943

Stroke Support Groups

July 2026

City	National
Region	National
Virtual (V) or In Person (IP)	V
Name	Caregiver Action Network
Address	https://www.caregiveraction.org/strokecare/
Meeting Details	Information and support related to stroke caregiving. Talk with a real person for personalized guidance Mon–Fri, 8:00 AM–7:00 PM ET
Contact person	https://www.caregiveraction.org/helpdesk/
Email address	Visit website.
Phone number	855-227-3640
2nd Contact person	NA
2nd Email address	NA

City	National
Region	National
Virtual (V) or In Person (IP)	V
Name	Find a Stroke Support Group Nearby (American Stroke Association)
Address	https://www.stroke.org/en/stroke-support-group-finder
Meeting Details	NA
Contact person	NA
Email address	NA
Phone number	NA
2nd Contact person	NA
2nd Email address	NA

City	National
Region	National
Virtual (V) or In Person (IP)	V
Name	Stroke Family Warmline (American Heart Association)
Address	NA
Meeting Details	NA
Contact person	NA
Email address	NA
Phone number	Call us between 9:30 AM-6:00 PM. EST, M-F at 1-888-478-7653.
2nd Contact person	NA
2nd Email address	NA