



General Caregiver Networks

Parent to Parent USA

Parent to Parent provides programs throughout the United States. The program connects parents of children (throughout the lifespan) with disabilities or special health care needs for emotional and informational support. Go online to find a parent to parent program in your area.

Website: <http://www.p2pusa.org/>

Family Caregiver Alliance

A public voice for caregivers, illuminating the daily challenges they face, offering them the assistance they so desperately need and deserve, and championing their cause through education, services, research, and advocacy.

Website: <http://caregiver.org>

PACER Center

PACER Center is a national parent training and information center for families of children and youth with all disabilities from birth to young adults. Parents can find publications, workshops, and other resources to help make decisions about education, vocational training, employment, and other services for their children with disabilities.

Website: <http://www.pacer.org>

Sibling Support

Sibling Support Project

National program dedicated to the lifelong and ever-changing concerns of millions of people with special health, developmental, and mental health concerns. Provides books, hosts online groups for teen and adult siblings, and presents workshops on sibling issues internationally and in every state. Also provides local peer support groups for school-aged siblings of kids with special needs.

Website: <https://www.siblingsupport.org>

Support Groups by Injury

Brain Injury

PLAN OF SOUTHWEST OHIO MILD TBI SUPPORT GROUP – Hamilton County

1251 Kemper Meadow Dr. Suite 100-A

Cincinnati, OH 45240

First Tuesday of every month, from 2pm-3pm

Contact: Melissa Rowland 513.317.7019 mrowland@planswohio.org

Please email Melissa for exact room location

TRIHEALTH BRAIN INJURY SUPPORT GROUP – Hamilton County



TriHealth Rehabilitation Hospital
2155 Dana Ave Cincinnati, Ohio 45207
First Floor Education Room
First Wednesday of Every Month 6:00-7:00PM
Contact: Caroline Conway, caroconway@trihealthrehab.com, 513-549-9138

Love Your Brain Yoga – Hamilton County

A free six-week program for people with traumatic brain injury and their caregivers. People over the age of 13 years with post-concussion syndrome, mild to moderate TBI, and severe TBI can participate if they meet criteria. Each class involves 10 min breathing exercise, 45 min gentle yoga, 15 min guided meditation and relaxation, and 20 min facilitated discussion.

Where:

REAL Human Performance
4300 Plainville Road
Cincinnati, OH 45227
Register online at: <http://www.loveyourbrain.com/lyb-yog>

BRAIN INJURY & STROKE SUPPORT GROUP – Montgomery County

Opportunity Center, First Floor
907 W. Fifth Street
Dayton, OH 45402
Third Tuesday of every month (no December meeting), from 1:00pm – 3:00pm
Call ahead to confirm dates and times
Contact: Melody Burba 937.341.5202, Ext. 1006 or medody.burba@acils.com

BRAIN INJURY SUPPORT GROUP – Montgomery County

Kettering Health: Main Campus
3535 Southern Blvd
Kettering, OH 45429
The fourth Wednesday of each month from 6:00-7:00pm
Nelson rooms 3-4 (on ground floor near cafeteria)
Contact: megan.smith@ketteringhealth.org

BRAIN INJURY SUPPORT GROUP – Montgomery County

Kettering Health: Hamilton Outpatient Therapy Clinic
1010 Cereal Ave
Hamilton, OH
The first Tuesday of each month from 6:00pm-7:00pm
Contact: megan.smith@ketteringhealth.org

Stroke



STROKE SURVIVOR SUPPORT CLUB – Montgomery County

Kettering Health: Main Campus

3535 Southern Blvd

Kettering, OH 45429

The fourth Wednesday of the month 6:00pm-7:30pm

Contact: megan.smith@ketteringhealth.org

Stroke Support Group at Daniel Drake Center - Hamilton County

Innovation Center (located in back of cafeteria)

Third Wednesday of the month from 7-9 pm

Contact: Karen Craven, 812-584-8862, kcra123@hotmail.com

Seizures

Epilepsy Alliance Ohio

Provides resources to manage epilepsy and seizures. Programs include education of seizure recognition and First Aid, support groups, counseling, camp, fundraisers, and events in the community.

Website: <https://www.epilepsy-ohio.org/>

Spinal Cord Injury

Daniel Drake Center – Hamilton County

151 W. Galbraith Rd. Cincinnati, OH 45216

Innovation Center (located in back of cafeteria)

First Thursday of the month from 6:30-8:30 pm

Caregivers and family members are encouraged to attend as well

Contact: Brightside Support Group, brightsidescigroup@gmail.com

Reeve Foundation National Paralysis Resource Center

Services: Educational materials, information specialists who can provide individualized support via phone/email, online community, peer mentoring program

Website: <https://www.christopherreeve.org/todays-care/paralysis-help-overview/about-the-paralysis-resource-center/>

Trauma

Trauma Survivors Network – National

Peer Support groups – when you have experienced a major event in your life, like being injured, it is helpful to talk with other people who are facing similar challenges.

Peer visitation – the TSN offers trauma patients an opportunity to talk with a trained peer visitor who can help the newly injured person through this difficult time and serve as a positive role model for the future.



Amputation

Tristate Amputees – Hamilton County

Provides amputees of any age, their families, and friends a chance to share their stories, triumphs, and tricks to individuals living with limb-loss.

Meetings are held 2nd Thursday of each month at 6:30 pm

Church of the Savior UMC

8005 Pfeiffer Road

Montgomery, OH 45242

Call John at 513-616-4860 or Lois at 513-891-2442 for details

Email: tristateamputees@gmail.com

Amputee Coalition Certified Peer Visitor Program – National

If you have had an amputation, are scheduled to have an amputation, were born with a limb difference, or are a parent, spouse, or caregiver of a person with limb loss or limb difference, you may request a peer visit from one of our Certified Peer Visitors.

Request a peer visit online: <https://www.amputee-coalition.org/support-groups-peer-support/certified-peer-visitor-program/>

Or call 1-888-267-5669

Amputee Coalition of America

Website: <https://www.amputee-coalition.org/>