

Here is your monthly Connections email with details about upcoming learning and social opportunities for clients and their loved ones of Brain Injury Services. To receive your secure online invitation, RSVP for each event you wish to attend.

Webinar: Brain Injury Education Series

Our Brain Injury Education Series wrapped up this week!

All three sessions have been uploaded to YouTube and bundled into one convenient course playlist:

[Brain Injury Education Course](#)

The individual sessions are also available:

[Brain Injury 101: An Introductory Course on the Basics of Brain Injury](#)

[Brain Injury 102: Recovery, Rehabilitation, and Support Strategies](#)

[Brain Injury 103: The Client Experience at Brain Injury Services](#)

Inova Loudoun Brain Injury Support Group

Tuesday, September 1
 12 – 1:30 PM

Virtual

A community-based group for clients, loved ones, and caregivers. Meets monthly on the first Tuesday.

RSVP: Markita Gilbert | mgilbert@braininjurysvcs.org

ComPASS Community Lunch and Learn Series: Summer 2026

Wednesday, September 2
 12:00 – 1:30 PM

ADAPT Clubhouse
 2826 Old Lee Hwy
 Fairfax, VA

Join us this summer for the LAST **ComPASS Community Lunch & Learn Series** — a welcoming, client-centered opportunity to connect, share, and learn alongside peers.

Held at the ADAPT Clubhouse in Fairfax, each session begins with a relaxed 30-minute bring-your-own lunch, followed by a guided discussion on everyday challenges, practical solutions, and peer support. This client-driven series is designed to build confidence, independence, and community connection through shared experiences.

RSVP: Becky Campbell | bcampbell@braininjurysvcs.org

Gratitude Rock Painting

Thursday, September 3
 10:30 AM – 2:00 PM

927 Maple Grove Dr, Suite 107
 Fredericksburg, VA

Join us for a Gratitude Rock Making Activity! Get creative as we decorate rocks with positive messages, inspiring words, and reminders of things we're grateful for. It's a fun way to spread kindness, practice gratitude, and create something meaningful to keep or share with others!

RSVP: Saleeha Artis | sartis@braininjurysvcs.org

Hangout Hub

Tuesday, September 8
 1 - 2 PM

Virtual

This group provides a welcoming, supportive space for young adults ages 18–25 who are out of high school to connect with peers, share their experiences, and express their thoughts and feelings. The group meets on the second Tuesday of each month, offering a consistent opportunity for conversation, connection, and mutual support following a brain injury.

RSVP: Sarah Balas | sbalas@braininjurysvcs.org

Gentle Chair Yoga

Wednesday, September 9 & 30
11 AM – 12 PM

Virtual

Join us for a blend of light mobility, stretching, exercise, meditation, and relaxation to enhance our health and quality of life. BIS case manager and yoga instructor Paula Levin-Alcorn will lead classes appropriate for all levels.

RSVP: Elaine Perkins | eperkins@braininjurysvcs.org

**ComPASS Corner:
AI Safety**

Wednesday, September 16
1:00-2:00 PM

Virtual

This discussion-based group is for clients, loved ones, and caregivers. It will focus on Artificial Intelligence and safety considerations. We will discuss privacy, data, hallucinations, and limits of AI. This group will be hosted by the Occupational Therapists in the BIS ComPASS Department.

RSVP: Becky Campbell | bcampbell@braininjurysvcs.org

**Technology and Wellness
Support**

Friday, September 18
1 – 2PM

Virtual

Join us for Technology & Wellness Support! Explore how technology can be used as a helpful tool to support your health, wellness, independence, and everyday life.

RSVP: Saleeha Artis | sartis@braininjurysvcs.org

Human Library Experiment

Wednesday, September 23
2:30 – 3 PM

Caboose Commons
2918 Eskridge Road, Fairfax

Join us for the last 30 minutes of our Speaker's Bureau's quarterly meetings to experience "checking out" a human library book. You will listen one on one to a bureau member's story of survival from a brain injury and the session will spark insight and meaningful conversation.

RSVP: Michelle Thyen | mthyen@braininjurysvcs.org

**Fredericksburg Women's
Coffee Social Group**

Tuesday, September 29
11 AM – 12 PM

Virtual

This social/support group is for clients, loved ones, and caregivers. It focuses on building relationships, bonding with peers, learning from one another, and understanding the experiences of brain injury survivors. The group meets on the last Tuesday of each month.

RSVP: Markita Gilbert | mgilbert@braininjurysvcs.org

Community Opportunities

Brain Injury Services does not host the programs listed below. Please verify the information provided.

Support Groups

Inova Brain Choir | Wednesdays, 12 PM | Inova Loudoun, 44045 Riverside Pkwy, Leesburg, VA

The Inova Loudoun Brain Choir is a therapeutic group for stroke and brain injury survivors, featuring weekly sessions in Leesburg. The choir uses singing, breathing, and music therapy to help participants improve communication, reduce isolation, and build community. Singing experience isn't a requirement. Contact Monika.Stolze@inova.org.

Living With Brain Injury Support Group | Every Friday, 10 AM – 12 PM | Virtual

The Living with Brain Injury group is a unique and supportive community of individuals recovering from brain injury. This support group is designed to enhance our recovery experience through respectful sharing and meaningful connections. Contact: Kristen Galles at kgalles@comcast.net

Men's Social Group | 1st and 3rd Tuesdays, 3 – 4 PM | Virtual

Join us for the Men's Social Group, a relaxed virtual space hosted by long-time BIS clients Stephen Thomas and Johnny Nigh. This group offers an excellent opportunity to connect with others who share similar experiences and challenges of living with brain injury, and to make new friends. Each session will include discussion topics, with a focus on keeping things informal, supportive, and fun. If you'd like to participate, please reach out to Stephen: stephenjosthomas@gmail.com & Johnny: johnnynigh@hotmail.com

Winchester Brain Injury Support Group | Twice Monthly on Saturdays, Time Varies | In-Person

Handley Regional Library, 100 W. Picadilly St, Winchester

Are you living with a Traumatic Brain Injury? Come join a newly formed group focused on supporting one another. Call or text Carrie at 540-504-8629 for more information.

Fredericksburg Stroke Support Group | Tuesday, September 1, 6:30 – 8 PM | Hybrid

Virtual or in-person, the John Fick Conference Center, 1301 Sam Perry Blvd, Fredericksburg

Free monthly support group for stroke survivors and caregivers. Meets on the first Tuesday of the month.

Contact: Susan Halpin at 540-741-4815 or Susan.halpin@mwhc.com

Inova Fairfax Stroke Survivors and Caregivers Support Group | Tuesday, September 1, 7 – 8:30 PM

Share your story and help others. Learn about ways to reduce your risk of stroke and discover community services available to you. Contact: fairfaxstrokesupport@inova.org.

Circle of Hope Recovery Meeting | Thursday, September 3 & 17, 12 PM | Virtual

Circle of Hope is a unique support group for those living with both substance use disorder and brain injury. Join us to share, connect, and grow in a meeting where hope begins, and healing happens. The group meets on the first and third Thursdays of every month. More information: https://braininjuryhope.org/brain_injury_support_group.html

Front Royal Stroke Support Group | Monday, September 7, 4:30 – 6 PM | In Person

Meetings are on the first Monday of the month in the Front Royal, VA area. Locations will be determined based on the activity. Contact: Juhi Vora, CCC-SLP, at 812-369-9180 or jvora@valleyhealthlink.com

Writing for Expression and Connection | Tuesday, September 8, 6 – 7 PM | Virtual

Join the Health Story Collaborative for a free online writing meetup that welcomes writers of all levels. Writing helps us access and release our emotions, personal stories, and creative spirits. Fiction, non-fiction, poetry, or no particular style – this guided group is simply a chance to reflect and connect with others in a supportive environment. Open to those living with illnesses or disabilities, or caregivers. Learn more: <https://www.healthstorycollaborative.org/writing-info>

VHC Health Stroke Survivor's Group Tuesday, September 8, 5:30 – 7 PM | In Person

1851 N. George Mason Dr, Garden Level Conference Room, Arlington

This group offers friendship, education, and access to resources.

Contact: <https://vhc-stroke-survivors.ck.page/> and strokesurvivors@vhchealth.org

Community Opportunities Continued

Brain Injury Services does not host the programs below. Please verify the information with the information provided.

Watercolor for Calming and Creating | Wednesday, September 16, 6 – 7:30 PM | Virtual

Join Health Story Collaborative for a free online watercolor meetup that welcomes artists of all levels. Working with watercolors is an excellent practice for releasing our grip and letting things flow. Those just starting benefit from guided instruction, whereas longtime painters enjoy a designated time to create. Open to those living with illnesses, disabilities, or caregivers. Learn more: <https://www.healthstorycollaborative.org/watercolor-info>

Mindful Hope Meditation Session | Wednesday, September 2, 12- 1 PM | Virtual

Hosted by Brain Injury Hope Network, this is a structured mindfulness gathering designed specifically for all affected by brain injury. Mindfulness can be a powerful tool for reducing stress, improving focus, and fostering emotional resilience. This meeting provides a supportive space to explore meditation, breathwork, and other mindfulness practices tailored to life after brain injury. Sign up for the email notification list: <https://braininjuryhope.org/subscribe.htm>

BIHN "Open" Virtual Support Group Meeting | Every Monday and 1st and 2nd Tuesdays, 12 PM | Virtual

Open to all individuals interested in brain injury recovery—survivors, caregivers, and professionals. This meeting, hosted by Brain Injury Hope Network, offers a space for open dialogue and connection, where every story and experience is valued. Expect a supportive atmosphere conducive to sharing and learning from one another. Sign up for the email notification list: <https://braininjuryhope.org/subscribe.htm>

Caregivers and Supporters Virtual Support Group | Wednesday, September 9 & 16, 6 PM | Virtual

Join us for a welcoming space where caregivers can connect, share their experiences, and feel valued. Together, we'll foster a supportive environment for open dialogue, learning, and growth with others who truly understand the caregiving journey. Sign up for the email notification list: <https://braininjuryhope.org/subscribe.htm>

Stroke & Brain Injury Support Group | Thursday, September 17, 4 – 5 PM | Hybrid

An in-person AND virtual support group to share personal experiences, listen to others with a stroke/brain injury history, and learn about new research and information—meeting on the third Thursday of every month.

Contact Hannah Balberde at Hannah.Balberde@Encompasshealth.com

Speaking on Purpose | Second and Fourth, and sometimes Fifth Thursday, 6:30 – 7:30 PM | Virtual

Speaking on Purpose is a supportive online community where individuals with physical and neurological impairments, such as those with brain injuries, can come together to practice speaking, build confidence, learn new skills, and have fun. While many people join Toastmasters to become better speakers, this group is open to all—*no Toastmasters membership is required to participate*. RSVP to Jan Delucien at jdelucien@gmail.com or call 703-851-4580.

<https://sop.toastmastersclubs.org/>

Community Living Connection (CLiC) Care | Monday, September 8, 7 – 8:30 PM

Sound Healing with BreAnna Martin

CLiC Care is a free, online support group for brain injury survivors, caregivers, providers, and loved ones. Meetings take place on the second Tuesday of each month.

Registration: <https://bisolutions.webex.com/weblink/register/radcd3bce5ff32297bec8c877e7a135aa>

Community Living Connection (CLiC) Care | Monday, October 13, 7 – 8:30 PM

Yoga with Elle Miller

CLiC Care is a free, online support group for brain injury survivors, caregivers, providers, and loved ones. Meetings take place on the second Tuesday of each month.

Registration link: <https://bisolutions.webex.com/weblink/register/r30b0eab046b06a331fcc35651c626c04>

Community Opportunities Continued

Brain Injury Services does not host the programs below. Please verify the information with the information provided.

On-Demand Resources**Aphasia Recovery Connection & Lingraphica**

Connect with people with aphasia and their loved ones from anywhere. Live online meetups facilitated by speech-language pathologists and other aphasia experts are available 7 days a week for FREE.

<https://community.lingraphica.com/c/virtual-connections-sessions/>

Virtual Center for Active Adults

The Virtual Center for Active Adults aims to enrich the lives of adults in Fairfax County while combating isolation. You can connect to programming that works with your schedule. Choose from various classes that will help you stay fit, stimulate your creativity, engage your mind, and provide entertainment from the comfort of your home.

<https://www.youtube.com/playlist?list=PL9D0cdqzRCqBizzYNalSIT0Cyp6mL8s0o>

Brain Injury Association of America's THE Challenge!

THE Challenge! has been a go-to source for public policy news, research, medical advances, legal and financial issues, and inspiring stories of recovery. <https://biausa.org/the-challenge-magazine>

The Financial Empowerment Center at South County Workshops

The Financial Empowerment Center at South County offers a variety of free online workshops available to anyone. View workshops and register online: <https://fecsoco.timetap.com/#/>

Love Your Brain Mindset on Your Own

Practice on your own time, wherever you are! Receive weekly emails with tools, including a brief video, yoga class, meditation, and yoga Nidra! Learn more: <https://www.loveyourbrain.com/mindset/mindset-on-your-own>

Birdability

Through education, outreach, and advocacy, Birdability ensures the birding community and the outdoors are welcoming, inclusive, safe, and accessible for everybody. In addition to current birders, we strive to introduce birding to people with disabilities and other health concerns who are not yet birders, so they, too, can experience the joys of birding.

<https://www.birdability.org/>

Webinars**BIAA Third Annual Stroke Symposium**

Thursday, November 5, 2026, at 12:00-4:30 pm ET

No two stroke journeys look the same. But certain realities can show up along the way. The spasticity that changes movement. The cognitive and emotional shifts no one can see. The way a marriage reshapes itself. These are the realities that survivors, caregivers, and the professionals who support them navigate every day.

Across three focused sessions spanning body, mind, and relationships, leading experts will share clinical insight, research, and guidance on the realities of stroke recovery. Alongside them, survivors and caregivers will share their lived experiences and perspectives from their journeys.

Whether you're recovering, caring for someone who is, or providing clinical care or navigation for those who are, you'll leave with a deeper understanding of stroke recovery and the reassurance that wherever you are in your own journey, you are not alone.

Join the Brain Injury Association of America for a half-day virtual symposium built around conversations on stroke recovery across the body, mind, and relationships. [Click here](#) to register.