

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.

Inova Loudoun Brain Injury Support Group

Tuesday, November 3
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

Journaling Series: Your Brain on Ink

Thursdays, November 5, 12,
19 & December 3, 10
11AM – 12:30PM

Virtual

Join us for a five-part workshop series where the ancient practice of journaling meets modern neuroscience. Explore how journaling can help us build pathways toward greater awareness, deeper connections, insight, and more intentional engagement with our values and purpose. Led by Deborah Ross, Certified Journal Therapist.

RSVP: Jess Linquist | jlinquist@braininjurysvcs.org

Gentle Chair Yoga

Wednesday, November 4 &
18
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

Understanding Vision After Brain Injury

Wednesday, November 18
11 AM-12 PM

Fairfax Office
2826 Old Lee Highway
Suite 100A
Fairfax, VA 22031

This presentation will provide basic information about vision and common vision changes after a traumatic brain injury (TBI). Participants will learn about common symptoms, when seeking help from a vision care professional, and available resources. The presentation will also briefly discuss Medicare and Medicaid coverage for vision care.

RSVP: Alex Molina | amolina@braininjurysvcs.org

Fredericksburg Women's Coffee Social Group

Tuesday, November 24
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 | Every Wednesday, 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 | First and Third 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

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

Meetings are 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

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 | First Tuesday, 6:30 – 8 P | Hybrid

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

Free monthly support group for stroke survivors and caregivers.

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

Inova Fairfax Stroke Survivors and Caregivers Support Group | First Tuesday, 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 | First and Third Thursdays, 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. More information:

https://braininjuryhope.org/brain_injury_support_group.html

Writing for Expression and Connection | Second Tuesday, 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 | Second Tuesday, 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.

Mindful Hope Meditation Session | First Wednesday, 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>

Watercolor for Calming and Creating | Third Wednesday, 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>

BIHN "Open" Virtual Support Group Meeting | Every Monday and First and Second 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 | Second and Third Wednesdays, 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 | Third Thursday, 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. 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/>

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>

Community Opportunities Continued

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

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://fecworkshops.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: Stroke Recovery: Body, Mind, and Relationships, November 5, 12 - 4:30 PM**

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. Across three focused sessions, 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.

<https://biausa.org/brain-injury/community/register-for-an-upcoming-biaa-webinar>

Caregiver Support**Virginia Caregiver Summit 2026**

Friday, November 13, 2026 – Richmond, VA

This energizing, one-day event brings together caregivers, professionals, and partners from across Virginia for inspiration, connection, and practical tools to support caregiver well-being. Highlights include an inspiring keynote, breakout sessions, a statewide listening session, and a packed resource hall.

Learn more: <https://dars.virginia.gov/aging/caregiver-support/caregiver-summit/>

Research Study Participants Needed**Understanding How People with Disabilities Seek Information During Emergencies**

IRB Study ID: STUDY00001387)

Researchers at George Mason University are seeking adults with disabilities for a study exploring how people with disabilities find and use information during emergencies.

You may be eligible if you are 18 or older, currently have an accommodation need, and have some experience using virtual assistants or chatbots such as Siri, Alexa, or Google Assistant.

Participants will join a 30–60-minute focus group to review emergency alert scenarios, discuss what information they need during emergencies and how they prefer to receive it, and complete a short survey.

Interested in participating?

Online Sign-Up Link: https://gmu.az1.qualtrics.com/jfe/form/SV_ac3aiKCRenY9XP8

Study Contact Details:

Email agupta29@gmu.edu or call 571-390-3216 (TTY 711).