

Spinal Cord Injury Resource Directory

A guide to regional and national resources for individuals with a spinal cord injury.

Please note: Many of the programs listed on this page are community resources that are not owned or managed by Allina Health or Courage Kenny Rehabilitation Institute.

[Courage Kenny Rehabilitation Institute's SCI Women's Group \(add PDF\)](#)

[Discover Abilities Resource Guide | Courage Kenny Rehabilitation \(allinahealth.org\)](#)

[Upper Midwest Spinal Cord Injury Resource Guide](#)

[Get Up Stand Up To Cure Paralysis](#)

[Minnesota Spinal Cord Injury Association](#)

[Fit4Recovery](#)

[United Spinal Association](#)

[Christopher & Dana Reeve Foundation's Neuro Recovery Network \(NRN\)](#)

[Peer Mentoring and Peer Group - GUSU2Cure](#)

Follow us

[\(20+\) Courage Kenny Rehabilitation Institute | Facebook](#)

[Courage Kenny Sports & Rec \(@couragekennysportsrec\) • Instagram photos and videos](#)

[CKRI A.B.L.E. Program \(@courage_kenny_able_program\) • Instagram photos and videos](#)

[CKRISpinalCordInjuryProgram Instagram](#)

Allina Health 

COURAGE KENNY
REHABILITATION
INSTITUTE™