

Traumatic Brain Injury Support Groups

Joining a Brain Injury Support Group offers more than just a place to talk-it's a community of understanding, encouragement, and shared strength. Whether you are a survivor, caregiver, or family member, you'll find connection with people who truly understand the challenges and victories of life after a brain injury. Together, we share experiences, exchange helpful tips, celebrate progress, and provide hope on hard days. In this safe and welcoming space, you're never alone in your journey.

Courage Kenny- Golden Valley

Who: TBI survivors and caregivers

When: 2nd Tuesday of the month

Time: 6:30-8:00 p.m.

Where: Boardroom on the 2nd floor

Facilitator: Ric Johnson & Leslie Meyer,
Psychologist

Contact: 612-863-1046

Courage Kenny-Stillwater

Who: TBI survivors and caregivers

When: 3rd Thursday of the month

Time: 3:00 pm-4:00 pm

Where: Room 109

Facilitator: Aimee Stanton, LSW &
Volunteers

Contact: 651-241-3373

Mercy Hospital -Coon Rapids

Who: TBI survivors and caregivers

When: 2nd Tuesday of the month

Time: 6:00-7:30 p.m.

Where: Mercy Cafeteria

Facilitator: Molly McMahon, PT

Contact: 763-236-8910

Mercy Hospital - Coon Rapids

Who: TBI survivors only

When: 4th Thursday of the month

Time: 3:30-5:00 p.m.

Where: Varies

Facilitator: Valerie Marquardt, SLP

Contact: 763-236-8910

*All groups meet in person and
do not require an RSVP.*

*If you have questions, please
call Kelly at 612-863-1046.*

Updated August 2025