



## COMPANIONS ON THE ROAD LESS TRAVELLED...

The Southern Alberta Brain Injury Society is offering a 6-week facilitated companion support group for family, friends, and neighbours of brain injury and stroke survivors.

The group will be held Thursday evenings from 5 to 7 p.m. beginning October 19th, 2017.

**Registration is mandatory prior to attending the group.**

**Registration begins: Monday, September 4<sup>th</sup>, 2017**

**Registration deadline: Friday, October 6<sup>th</sup>, 2017**

Location: 102, 2116 27 Avenue, NE

**For more information or to register, please contact Cheryl Sayward at 403-521-5212, ext. 31 or [cheryl@sabis.ab.ca](mailto:cheryl@sabis.ab.ca)**



### Topics Covered:

**Week 1 – October 19<sup>th</sup>, 2017**  
Sharing our stories, fears, and hopes

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**Week 2 – October 26<sup>th</sup>, 2017**  
Adjusting to life after brain injury

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**Week 3 – November 2<sup>nd</sup>, 2017**  
Coping with Caregiver Stress

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**Week 4 – November 9<sup>th</sup>, 2017**  
Changes in Social Life

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**Week 5 – November 16<sup>th</sup>, 2017**  
Guest Caregiver Speaker

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**Week 6 – November 23<sup>rd</sup>, 2017**  
Looking to the Future: Accessing Resources

The Southern Alberta Brain Injury Society provides lifelong supports and services for adults with acquired brain injuries

[www.sabis.ab.ca](http://www.sabis.ab.ca)