

SABIS Fall 2017 Group Registration Form

NAME: _____
 ADDRESS: _____
 PHONE: _____ EMAIL: _____

EMERGENCY CONTACT Name (please print):		Relationship:	
Home Phone:		Cell Phone:	
Travel Arrangements (choose one):	Driving	Access: #	Any allergies/medical conditions:
	Transit	Other:	


Mark your TOP THREE choices by writing 1, 2, and 3 in the boxes. (1 = first choice) If you do not indicate more than one choice, you may not get into a group this semester. Groups require regular attendance.

Please note that there will be no groups from October 10th – 12th

Men's Group (Tuesday mornings – 10:00 – 11:30 am) September 12 – December 12, 2017

This is a great group for men looking to discuss any challenges they may be having in their lives. Topics in this group are open and can include well-being, relationships, and dealing with day-to-day difficulties. Please note this is a communication group.

Drop-in Group (Tuesday afternoons – 1:30 – 3:00 pm) September 12 – December 12, 2017

 Looking for an opportunity to make new friends and chat with people in a comfortable space? This group is perfect for those who want to stay connected but are unable to commit to one of our registered groups. Come to as many or as few of these drop-in sessions as you choose. **SABIS will not make regular Calgary Access bookings for this group.**

Women's Group (Wednesday mornings – 10:00 – 11:30 am) September 13 – December 13, 2017

Empower yourself! Whether you are coping with life changes, difficulties with daily tasks & maybe understanding what steps to take next on your own personal journey, there's nothing better than sharing these stories & experiences with other women who are going through these same challenges. Please note this is a communication group.

Artistic Expression (Wednesday afternoons – 1:30 – 3:00 pm) September 13– December 13, 2017

The creative process allows individuals to express themselves while increasing self-awareness and well-being. Join other survivors in a fun and relaxing environment as we explore various artistic forms including music, painting, sculpting and drawing. No experience is necessary...the only requirement is that you have an open mind and a positive attitude! Please note this is not a formal art instruction group.

Brain Injury Wellness (Thursday mornings – 10:00 – 11:30 am) September 14 – December 14, 2017

Engage with other brain injury survivors in gentle exercise and learn strategies to achieve overall wellness. Participants will be sharing information and stories in a positive and supportive environment. The group will end with a gentle exercise and stretching session designed to suit every ability. Topics will include: emotional management, stress management, sleep and fatigue, physical wellness, nutrition and much more!

Games Group (Thursday afternoons – 1:30 – 3:00 pm) September 14 – December 14, 2017

Spend an afternoon with other survivors and be prepared to have fun! Examples of games include Bingo, Pictionary, Apples to Apples and Hangman. This group will be facilitated by a volunteer.

SABIS will arrange a permanent booking for Access clients. To change or cancel this booking, Contact Cheryl Wilson at Calgary Transit by calling 403-268-2222, ext. 0634 or email cheryl.wilson@calgary.ca with SABIS in the subject line.

****The DEADLINE to register is SEPTEMBER 1, 2017****

If you have any questions, email sabis@sabis.ab.ca or call 403-521-5212 and press 0 to leave a message