



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 March 23rd, 2017.

Registration is mandatory prior to attending the group.

Registration begins: Monday, February 6th, 2017

Registration deadline: Friday, March 10th, 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



Topics Covered:

Week 1 – March 23rd, 2017
Sharing our stories, fears, and hopes

Week 2 – March 30th, 2017
Adjusting to life after brain injury

Week 3 – April 6th, 2017
Coping with Caregiver Stress

Week 4 – April 13th, 2017
Changes in Social Life

Week 5 – April 20th, 2017
Guest Caregiver Speaker

Week 6 – April 27th, 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