



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 22nd, 2018.

Registration is mandatory prior to attending the group.

Registration begins: Monday, February 5th, 2018

Registration deadline: Friday, March 9th, 2018

Location: 102, 2116 27 Avenue, NE

For more information or to register, please contact Cheryl Sayward at 403-521-5212, ext. 2 or cheryl@sabis.ab.ca



Topics Covered:

Week 1 – March 22nd, 2018
Sharing our stories, fears, and hopes

Week 2 – March 29th, 2018
Adjusting to life after brain injury

Week 3 – April 5th, 2018
Coping with Caregiver Stress

Week 4 – April 12th, 2018
Changes in Social Life

Week 5 – April 19th, 2018
Self Care

Week 6 – April 26th, 2018
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