



# 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 21<sup>st</sup>, 2019.

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

**Registration begins: Monday, February 4<sup>th</sup>, 2019**

**Registration deadline: Friday, March 8<sup>th</sup>, 2019**

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](mailto:cheryl@sabis.ab.ca)**



## Topics Covered:

**Week 1 – March 21<sup>st</sup>, 2019**  
Sharing our stories, fears, and hopes

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**Week 2 – March 28<sup>th</sup>, 2019**  
Adjusting to life after brain injury

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**Week 3 – April 4<sup>th</sup>, 2019**  
Coping with Caregiver Stress

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**Week 4 – April 11<sup>th</sup>, 2019**  
Changes in Social Life

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**Week 5 – April 18<sup>th</sup>, 2019**  
Self Care

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**Week 6 – April 25<sup>th</sup>, 2019**  
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)