



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 September 19th, 2019.

Registration is mandatory prior to attending the group.

Registration begins Monday, August 5th, 2019

Registration deadline Friday, September 5th, 2019

Location: 102, 2116 27 Avenue, NE

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



Topics Covered:

Week 1 – September 19th
Sharing our stories, fears, and hopes

Week 2 – September 26th
Adjusting to life after brain injury

Week 3 – October 3rd
Coping with Caregiver Stress

Week 4 – October 10th
Changes in Social Life

Week 5 – October 17th
Self Care

Week 6 – October 24th
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