



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 19th, 2020.

Registration is mandatory prior to attending the group.

Registration begins Monday, February 3rd, 2020

Registration deadline: Friday, March 6th, 2020

Location: 140, 301 – 14th Street NW

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 19th, 2020
Sharing our stories, fears, and hopes

Week 2 – March 26th, 2020
Adjusting to life after brain injury

Week 3 – April 2nd, 2020
Coping with Caregiver Stress

Week 4 – April 9th, 2020
Changes in Social Life

Week 5 – April 16th, 2020
Self Care

Week 6 – April 23rd, 2020
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