



## 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 6 to 8 p.m. beginning September 24<sup>th</sup>, 2020.

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

**Registration begins Monday, August 10<sup>th</sup>, 2020**

**Registration deadline Friday, September 4<sup>th</sup>, 2020**

**Groups are online through Zoom**

**For more information or to register, please contact Natasha at 403-521-5212, ext. 1 or [natasha@sabis.ab.ca](mailto:natasha@sabis.ab.ca)**



### Topics Covered:

**Week 1 – September 24th**  
Sharing our stories, fears, and hopes

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**Week 2 – October 1st**  
Adjusting to life after brain injury

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**Week 3 – October 8th**  
Coping with Caregiver Stress

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**Week 4 – October 15<sup>th</sup>**  
Changes in Social Life

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**Week 5 – October 22nd**  
Self Care

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**Week 6 – October 29th**  
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)