



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 March 18th, 2021.

Registration is mandatory prior to attending the group.

Registration begins Monday, February 1st, 2021

Registration deadline: Friday, March 5th, 2021

Location: Zoom

For more information or to register, please contact Anna Harris at 403-521-5212, ext. 5 or annalise@sabis.ab.ca



Topics Covered:

Week 1 – March 18th, 2021
Sharing our stories, fears, and hopes

Week 2 – March 25th, 2021
Adjusting to life after brain injury

Week 3 – April 1st, 2021
Coping with Caregiver Stress

Week 4 – April 8th, 2021
Changes in Social Life

Week 5 – April 15th, 2021
Self Care

Week 6 – April 22nd, 2021
Looking to the Future:
Accessing Resources

The Southern Alberta Brain Injury Society provides supports and services for adults with acquired brain injuries

www.sabis.ab.ca