



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 April 8th, 2021.

Registration is mandatory prior to attending the group.

Registration begins Monday, February 22nd, 2021

Registration deadline: Friday, March 25th, 2021

Location: TBD. This group will meet in person if permitted under COVID-19 restrictions. If restrictions are still in place, this group will be offered via Zoom. Participants may choose to attend via Zoom regardless of restrictions.

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 – April 8, 2021 Sharing our stories, fears, and hopes

Week 2 – April 15, 2021
Adjusting to life after brain injury

Week 3 – April 22, 2021
Coping with Caregiver Stress

Week 4 – April 29, 2021
Changes in Social Life

Week 5 – May 6, 2021
Self Care

Week 6 – May 13, 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