



## 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 23<sup>rd</sup>, 2021.

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

**Registration begins Monday, August 9<sup>th</sup>, 2021**

**Registration deadline Friday, September 3<sup>rd</sup>, 2021**

**Groups are online through Zoom**

**For more information or to register, please contact Anna Harris at 403-521-5212, ext. 5 or [annalise@sabis.ab.ca](mailto:annalise@sabis.ab.ca)**



### Topics Covered:

**Week 1 – September 23<sup>rd</sup>**  
Sharing our stories, fears, and hopes

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**Week 2 – September 30<sup>th</sup>**  
Adjusting to life after brain injury

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**Week 3 – October 7<sup>th</sup>**  
Coping with Caregiver Stress

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**Week 4 – October 14<sup>th</sup>**  
Changes in Social Life

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**Week 5 – October 21<sup>st</sup>**  
Self Care

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**Week 6 – October 28<sup>th</sup>**  
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](http://www.sabis.ab.ca)