

## Care to Share Brain Injuries Change Lives

Are you supporting someone with an acquired brain injury?

Join us for 8 weekly virtual meetings from the comfort of your home.

Lead by Leah Swann, RSW, MSW (Supervised by Dr. Jett, C. Psych)

### Topics Discussed

- Taking care of yourself
- Changing family roles
- Managing stress and emotions
- Effective communication skills
- Local ABI resources

### Meeting Dates:

Every Wednesday from 6:30pm-8:00pm, starting on October 19th and ending December 6th.