

Care to Share

Brain Injuries Change Lives

Are you supporting someone with an acquired brain injury?

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

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

Topics discussed include:

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

Meeting Dates

Every Tuesday from 6:30pm to 8:00pm, starting March 24th and ending May 14th.

Registration deadline March 12, 2024

Please email: abrief@travind.ca or call 226:444:3935

This is a free virtual support group for family members and caregivers of survivors or a brain injury