

BRAIN INJURIES CHANGE LIVES

- Are you caring for a loved one with an acquired brain injury?
- Do you feel stressed and exhausted?
- Are you looking for skills, knowledge and guidance to help you?
- Would you enjoy interacting with other caregivers and ABI professionals in a supportive environment?



Care to Share
ABI Caregiver Group

TOPICS DISCUSSED

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

Meetings supervised by
Dr. Steven Jett, Ph.D., C.Psych.
and facilitated by
Tom Cebrat, M.A. and
Sarah Beal, B.A.Sc. Hons., MSW
in partnership with
St. Joseph's Health Centre Guelph

Funded by the Waterloo
Wellington Local Health
Integration Network



Join us for 8 evening
meetings at St. Joseph's
Health Centre,
100 Westmount Road,
Guelph.

**The group will meet
every Thursday evening,
from October 4 to
November 22, 2018
6:30 p.m. to 8 p.m.**

**Register by Friday,
September 28, 2018**

**519-741-5845 ext. 2102
info@travind.ca**

This is a FREE support
group for family members
and caregivers of survivors
of a brain injury.

OFFERED THROUGH THE COLLABORATION OF
ST. JOSEPH'S HEALTH CENTRE GUELPH
AND TRAVERSE INDEPENDENCE

