

## 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.

Funded by the Waterloo  
Wellington Local Health  
Integration Network



Join us for 8 evening  
meetings at the Traverse Independence  
Opportunity Centre, 450 Westheights Drive, Unit 18A  
Kitchener.

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  
tel. 519-741-5845 ext. 2102 or [info@travind.ca](mailto:info@travind.ca)

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

