



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?**

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

Meeting dates

Each Thursday starting
March 24 to May 12, 2022
from 6:30 to 8:00 p.m.

Registration

By Friday, March 18, 2022
Tel. 226-444-4468

Zoom

Please let us know if you need
an advance session to learn
about Zoom.

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

Ontario Health West



This is a FREE support group
for family members and
caregivers of survivors of a
brain injury, offered through
the collaboration of the
BIAWW, St. Joseph's Health
Centre Guelph, and Traverse
Independence.

