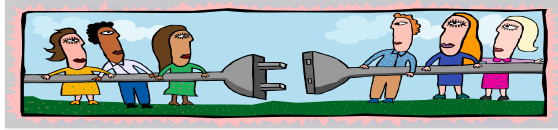


Living Well with Brain Injury Workshop



Offered by CHIRS

in association with Bloorview Kids Rehab FSS

- What is it?** A 12-week overview workshop, that will give participants a chance to learn more about how brain injury affects their lives and how to cope effectively with the changes.
- What Topics?** Brain basics and changes after an injury, ways to cope/compensate, communication, managing emotions, relationships, family, and sexuality.
- For Whom?** Adult survivors of ABI (Age 18 to 60):
- Who want to learn more about living with their brain injury.
 - Are able to participate positively in a group.
 - Who were old enough at the time of injury to know a "before and after".
- When?** call us for dates
- Where?** Community Head Injury Resource Services (CHIRS)
62 Finch Ave. West (near Yonge St.)
- How Much?** Depends on your situation. Call us.
- Who to Call?** Diana Brouwer or Intake Dept. (416) 240-8000
Please note that spaces are limited.