CHIRS Clinical Groups refer to those groups that are facilitated by or directly supervised by a member of our clinical team, and are psycho-educational or goal directed in nature. Groups are recommended for clients who are willing to engage with peers and have the potential to generate skills learned to settings outside of the group. Facilitators will be able to provide support for some degree of disregulated behavior, however clients should demonstrate capacity to attend to the discussion and respond productively to the facilitators’ cues. Generalization outside of the group is most likely when a person is interested in learning the material, and feels ready, willing and able to make a change in their behavior and skills. In some instances, potential clients may be asked to meet with the team leader to ensure they have the cognitive, communication and behavioural abilities to benefit from the group.

| Group | Description | Cost/Timing |
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| Living Well with a Brain Injury | This workshop gives participants a chance to learn more about how brain injury affects their lives and how to cope effectively with the changes. Topics include brain basics and changes after an injury, ways to cope/compensate, communication, managing emotions, relationships, family, and sexuality. This group is best suited for individuals who were old enough at the time of injury to know a “before and after”. | No Cost  12 weeks |
| Cognitive Rehabilitation Following ABI | This clinical group will provide an introduction to brain anatomy and the mechanisms of brain injury. It will provide information about key brain functions that are commonly impacted after an ABI including attention, memory, executive functions, communication, fatigue, and mood. During the group, clients will gain increased awareness and understanding of their cognitive strengths and weaknesses and will set individualized goals to learn and practice various cognitive rehabilitation strategies that will help to improve their functioning in everyday life. | No Cost  12 weeks |
| Positive Psychology | Positive Psychology focuses on increasing happiness in everyday lives.  There are many practices associated with Positive Psychology that require a conscious effort to change thought patterns about the self and one’s experiences.  For people with ABI, there are many challenges to implementing regular positive thought routines.  This group seeks to assist individuals in identifying harmful thought processes and replace them with compassionate and supportive phrases, identify areas of strength to build self-esteem, and become more mindful of positive experiences so as to increase happiness in the moment.  **Your Best Self Workshop** This group focuses on building self-esteem and a better self-image through exploring our innate strengths and our personal values. Participants report feeling inspired, confident and happy at the end of each session.  **Finding Happiness Workshop** This group helps participants to develop everyday cognitive routines that are proven to increase happiness. Topics include being grateful, focusing on the positives, forgiveness, mindfulness and more. | Your Best Self Workshop  No Cost  12 weeks  Finding Happiness Workshop  12 weeks |
| The 4M’s of Mental Health | In the group participants will explore the 4 M’s of mental health: Movement, Mastery, Mindfulness and Meaning.  The group will set individual goals, make plans and report back on how they were able to accomplish their goals while using one of the M’s to improve their overall well-being.  A variety of mindfulness practices will be explored, including some short seated meditations or relaxation practices, mindful movement and discussions of how to be more mindful throughout the day. | No Cost  10 weeks |
| Skills For Emotional Wellbeing | Brain injury often comes with changes in emotions and behaviour. The DBT (Dialectical Behaviour Therapy) group is designed for people who often regret what they say or do when they are feeling upset and want to do something about it. Participants will learn how to get a clearer picture of how they are feeling and skills they can use to manage strong emotions and difficult situations. The curriculum is based on The Skills System, a modified version of DBT that is designed for people who are living with the effects of acquired brain injury. Skills include mindfulness meditation, recognizing which types of thinking and behaviour are likely to help to achieve your goals and what to do to keep yourself on track. Emphasis will be given to practicing skills in group and exploring how skills can be applied to situations that are important in your life.  **Part 1 - Clear Picture**  The first step in being able to manage emotions is understanding what’s happening as it is happening. This group teaches the skills needed to get a clear picture of the present moment. Noticing what’s happening inside your body and your mind and in your environment forms the basis of skillfully handling any difficult situation.  **Part 2 - Getting on Track**  Once you have a Clear Picture, the path to meeting your goals becomes clearer. This group focuses on learning the skills you need to think, plan and act in a way that gets you closer to your goals.  **Part 3- Relationship Care**  To be successful, it’s important to have good relationships. Learning to give and take in a way that is comfortable and healthy is key to meeting your goals. This group will focus on skills to express yourself well—even when times are tough. | No Cost  Full course is 3 consecutive  12-week sessions  (Zoom program - 3 courses are merged into 1- 12 week session)  Clear Picture (12 weeks)  Getting on Track (12 weeks)  Relationship Care (12weeks) |
| cTech | This group is designed for clients who are capable and motivated to use an Apple or Android device for the purpose of cognitive compensation. The group covers a handful of topics and apps that may improve social participation, and address cognitive difficulties.  There are a limited number of devices available for practice in the group for individuals who are unsure about owning their own. | No Cost  12 weeks |
| Men’s Group | This group experience provides individuals with the opportunity to work on various goals in a supportive and safe environment. The group members work toward problem-solving daily issues in an attempt to prevent the occurrence of crises. The group also provides a forum to improve communication skills, assist with the process of accepting one’s disabilities as well as increasing the opportunity for age-appropriate socialization. Each member also works towards personal goal attainment. | No Cost  12 weeks |
| Women’s Group | This group experience provides individuals with the opportunity to work on various goals in a supportive and safe environment using a strengths-based approach. The group members work toward problem-solving daily issues. In addition, the group will discuss, practice and support each other to develop self-compassion, resilience, self-esteem and increase overall happiness. Goal setting and planning is a regular part of the group discussions. | No Cost  12 weeks |
| Pain Management Group | This social and psycho-educational group explores a comprehensive approach to chronic pain management following brain injury. The group includes cognitive behaviour therapy-informed weekly topics. Participants will have a chance to socialize and problem-solve situations that caused them pain throughout the week. Sessions will include gentle exercises/stretching, relaxation techniques and the presentation of new materials to assist participants with the goal of developing their personal strategies for coping with and managing pain. | No Cost  12 Weeks |