

You are invited to the

› BRAIN INJURY SUPPORT GROUP

THURSDAYS 1:00pm-2:00pm

@ McLaren Neurologic Rehabilitation Institute
G4466 Bristol Road, Flint MI 48507, 3rd Floor Conference Room

An Opportunity to learn, share and support other brain injury survivors.

Adjustment: Learn to cope and adjust to your medical condition and its impact on self, relationships, lifestyle, work and activities.

Behavioral Pain Management: Develop coping skills to help you manage chronic pain conditions and cope with the personal and emotional impact of the pain.

Education: Information and resources to help you understand your condition, recovery and how to take care of your health.

Stress Management & Relaxation Techniques: Learn a variety of techniques to help you cope with stress, anxiety, depression, pain, sleep, blood pressure, and many more health and wellness issues. Recommended for pain management clients.

Open Topic: Opportunity to talk about whatever is on your mind and/or to request a specific topic.



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