



CARE:

Caregivers learning to: **A**dapt,
Relax and positively **E**xperience

Are you a Caregiver for a Survivor of Brain Injury?

Do you feel stressed and exhausted?

Our program provides you the caregiver with the right knowledge and support to help you better assist brain injury survivors, but more importantly, it provides the knowledge needed for you to care for yourself during this shared process of recovery and rehabilitation.



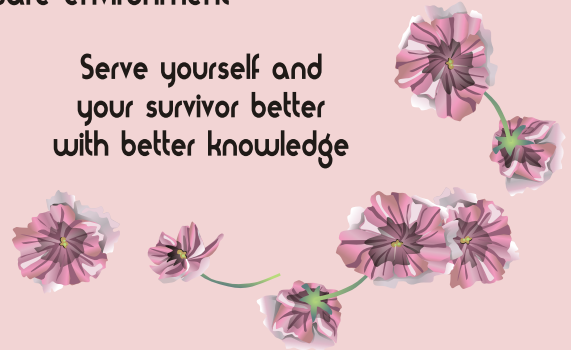
Share your stories and experiences in a safe environment

Gather with other caregivers

Weekly Program Schedule

- Session 1** - An Introduction to **CARE to Share?**
- Session 2** - The Physical Aspects of Brain Injury Part. I
 - How the Brain Works and the Basics of Acquired Brain Injury
- Session 3** - The Physical Aspects of Brain Injury Part. II
 - Strokes, Traumatic Brain Injury, Post Concussion Syndrome
- Session 4** - The Cognitive Aspects of Brain Injury
- Session 5** - The Emotional and Behavioural Aspects of Brain Injury Part. I
 - Emotions and Brain Injury, Emotional Needs
- Session 6** - The Emotional and Behavioural Aspects of Brain Injury Part. II
 - Behavioural Changes: Friends and Family
- Session 7** - The Emotional and Behavioural Aspects of Brain Injury Part. III
 - Behavioural Changes: Survivor
- Session 8** - The Emotional and Behavioural Aspects of Brain Injury Part. IV
 - Depression
- Session 9** - Wrap Up Week

Serve yourself and your survivor better with better knowledge



Sponsored by



Brain Injury Association
of Waterloo - Wellington

There is no charge for this 9 week program which is presented in an informative, educational and fun atmosphere.

The next session begins:

Date: Wednesday, February 4 **Time:** 7pm - 9pm

Location: Opportunity Centre 607 King St W. Kitchener

Space is Limited
so Sign Up Today
Call 519.579.5300