



**Information, Referral, Advocacy,
Support (One-on-One and Groups)**

**Edmonton Support Facilitators:
Michael Pyska & Shelly Teske**

For more detailed **information** about Support Services (Edmonton), for **intake** appointments, and to inquire about **groups**, please **phone** Michael or Shelly at **(780) 479-1757**.

NABIS' Support Groups: (*applies to the Winter- and Spring group schedule*) There is no fee for support groups or workshops but participants are invited to become members of NABIS. **Pre-registration is required;** contact Shelly or Michael. There will be a two week spring break for the following groups: Caregivers', Moving Forward and Women's. They'll launch again in the second week of April. New members are welcome, as space permits. See Calendar for group meeting times and dates.

Moving Forward after Brain Injury

Tuesdays starting April 8, 2008

1:30-3:30 pm - NABIS group room

Facilitator: Shelly Teske

This group is for persons who have been living with an acquired brain injury and are interested in continual forward movement in their journey as a survivor. Emphasis is placed on understanding brain injury, as well as strategies that assist individuals to cope through personal day-to-day challenges resulting from brain injury. Opportunities are provided for individuals to share experiences, express feelings, and to develop constructive ways of coping and living. Discussions are geared toward topics which often include memory problems, impulsivity, fatigue, grief and loss, returning to work or volunteering, stress management, changing roles and relationships, self-esteem, and self-awareness.

Women's Support Group

Fridays 10:00 – 11:45 am

starting April 11, 2008

NABIS group room

Facilitator: Shelly Teske

Designed for women survivors of brain injury, this group focuses on women's issues as well as peer support. A wide range of topics are discussed as members of the group identify challenges they are experiencing. The women's group enjoys structured activities and guest speakers that provide information and opportunity for personal growth.

Care-Giving Support Group

Every 2nd Thursday 7:00–9:00 pm

NABIS group room

Facilitator: Shelly Teske

This group is designed for individuals choosing to provide care and support to a family member with a brain injury. Participants are invited to share their experiences of life after brain injury and to support each other in practicing SELF CARE. Discussion topics are chosen in response to the interest of the members and often include: allowing healthy grieving, adjusting to changing roles, accessing community resources, reducing stress, and finding time for self.

Young Adult Groups

Thursday Evenings, 7 – 9 pm

Facilitator: Michael Pyska

These groups are for young adult survivors of brain injury between the ages of 18 and 30. The young adult groups are dedicated to encouraging peer support, self-awareness, adjustment and social inclusion. Our focus continues to be on promoting adjustment and personal growth through positive peer relationships, facilitated discussion and creative expression.

Opportunities for sharing, identifying and developing coping strategies and creating natural peer supports are explored during the course of each meeting. The group meets bi-monthly for two hours each session, with programmed activities and community events taking place on alternative dates.