



**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: There is no fee for support groups or workshops but participants are invited to become members of NABIS.

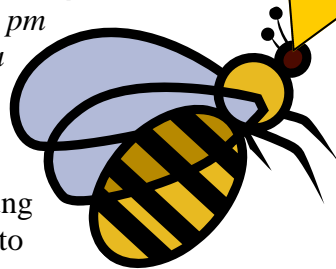
Pre-registration is required; contact Shelly or Michael. New members are welcome, as space permits. See Calendar for group meeting times and dates.

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.



NABIS Summer Groups:

- CLUB NABIS
- YAG

See You There!

CLUB NABIS
(previously known as Coffee Talk)
Every Second and Last Wednesday of the month
1:30—3:00 pm

Come and be part of the NABIS community! This group provides opportunities for survivors to interact with others affected by brain injury, discuss information and ideas that foster a continuing healthy lifestyle, and become more informed of upcoming events in the community. This group is open to NABIS members and is facilitated by NABIS staff. Our focus will be on fun, conversation and positive living. Call Shelly or Michael for registration.

Starting Back Again in the Fall 2008!!

Understanding Brain Injury

Tuesdays 1:30-3:30 pm
Starting September 2008
NABIS group room
Facilitator: Shelly Teske

Women's Support Group

Fridays 10:00 – 11:45 am
Starts again in September 2008
NABIS group room
Facilitator: Shelly Teske

Care-Giving Support Group

Every 2nd Thursday 7:00–9:00 pm
Starts again in September 2008
NABIS group room
Facilitator: Shelly Teske