



Family/Caregiver Support Group

What is it?

A monthly support group meeting for caregivers and family members of individuals who are living with the effects of an Acquired Brain Injury.

What are the topics?

- *Managing role changes*
- *Feeling burnt out/self-care*
- *Navigating Resources*
- *Understanding ambiguous loss*

For Whom? Family member/Caregivers for individuals living with the effects of an Acquired Brain Injury

When? Second Monday of the Month 6:00p-7:00p (**starting January 8, 2018**)

*In the event of inclement weather the support group will be rescheduled to the following Monday.

**Snacks and beverages will be provided

Where? Project Genesis Sachem Learning Center
24 Sachem Street
Norwich, CT 06351

*Parking located in the back of the building

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