

“TRAIN THE BRAIN”

Educational Group

General information:

“Train the Brain” is an educational group for individuals who have suffered a mild brain injury and their families/friends. The group provides education on various topics to help assist people who have suffered a brain injury gain back their independence and function in everyday life. This group is appropriate for people who want to learn:

- How to go back to work
- How to deal with household chores
- How to work with providers
- How to talk to your family and friends
- How to express what you need in a positive way
- Learn organizational skills
- Learn relationship skills and how to communicate effectively
- **And so much more!!!**

September 2013

Time: 5:30pm – 6:30pm

Date: Tuesday, September 10, 2013

Topic: Diane Wilcox – Opportunity Services

October 2013

Time: 5:30pm – 6:30pm

Date: Tuesday, October 8, 2013

Topic: “Ask the Doctor” – Dr. Schlosser, MD
CentraCare Health Plaza

November 2013

Time: 5:30pm – 6:30pm

Date: November 12, 2013

Topic: Relationships - Jan Holtz, Therapist

**30 min prior to the meetings you are welcome to come and network with other survivors.*

Contact:

Jean Johnson – Founder/Facilitator

Tyler Distad – Co-Facilitator

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Location:

Independent Lifestyles Inc.

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