

“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!!!**

December 2013

Time: 5:30pm – 6:30pm

Date: Tuesday, December 10, 2013

Topic: Energy Management – Karla Fleming,
CentraCare Health Plaza

January 2014

Time: 5:30pm – 6:30pm

Date: Tuesday, January 14, 2014

Topic: Benefits of pet ownership – Gina Fox

February 2014

Time: 5:30pm – 6:30pm

Date: Tuesday, February, 11, 2014

Topic: TBA

**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:

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