

# Brain Injury Support Group

Support group for survivors of traumatic and acquired brain injury and their families

- Provides opportunities for learning
- Strengthens dignity and self worth
- Provides support to renew hope

## Schedule

### What is a Traumatic Brain Injury?

An alteration in brain function caused by an external force.

**Examples:** Falls, Motor vehicle accidents, Assaults, Sports injuries

### What is an Acquired Brain Injury?

An injury to the brain that has occurred after birth.

**Examples:** Stroke, Tumors, Aneurysm, Near drowning

**The brain injury support group** is open to all survivors of traumatic and acquired brain injury and their loved ones.

- Share experiences with other brain injury survivors
- Learn adaptive skills from other brain injury survivors and their families
- Learn physical and cognitive strategies to focus on strengths and change areas that need strengthening
- Hear about research, technology, and resources that can assist survivors and their families

**When:**

Third Thursday of  
Every month

**Time:**

4:30 – 5:30 PM

**Place:**

Kaweah Health  
Rehabilitation Hospital

840 S. Akers St.  
Visalia, CA 93277

Room 136  
(polar bear room)

**For more information:**

(559) 624-3700