

# Brain Injury Peer Support Group

2025 Activities and Dates

**January 9th**

New Year  
New Goals

**February 13th**

Self Care &  
Celebrating Love

**March 13th**

Healthy Eating  
Habits & Exercise

**April 10th**

Accessing  
Resources

**May 8th**

Game  
Day

**June 12th**

Group  
Outing

Join your peers to discuss topics relating to your injury, share information and resources, and partake in recreation and social activities that will help you better adjust to life with a brain injury and become more independent.

**Support group meets on the 2nd Thursday of each month**  
from 1:00 pm - 2:00 pm at The Whole Person  
(Also available on Teams - Contact Sarah Carlson for information)

**Sarah Carlson**

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