

# Brain Injury Peer Support Group

2025 Activities and Dates

**July 10th**

Potting  
Flowers

**August 14th**

Healthy  
Communication

**September 11th**

Fall Arts  
& Crafts

**October 9th**

Halloween  
Party

**November 13th**

Giving  
Thanks

**December 11th**

New Year's Celebration  
& Reflection

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**  
816-659-9966 | [scarlson@thewholeperson.org](mailto:scarlson@thewholeperson.org)