

Brain Injury Peer Support Group

2023 ACTIVITIES/DATES

JANUARY 12

Self-Care
and Gratitude

FEBRUARY 9

No Bake
Cooking

MARCH 9

Game
Day

APRIL 13

Art and
Managing Stress

MAY 11

Planting

JUNE 8

Ice Cream
Social

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 becoming more independent.

Support group meets on the 2nd Thursday of each month
from 1:00 pm-2:30 pm at The Whole Person, 3710 Main St., KCMO
(Also available on Zoom - Contact Sarah Carlson for information)

Sarah Carlson

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