

# Brain Injury Peer Support Group

## 2024 ACTIVITIES/DATES

**JANUARY 11**

Self-Care and  
Positive Attitude

**FEBRUARY 8**

Celebrating  
Love

**MARCH 14**

Game Day

**APRIL 11**

Eating Well and  
Physical Health

**MAY 9**

April Showers bring  
Beautiful May Flowers

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-2:00 pm at The Whole Person, 3710 Main St., KCMO  
*(Also available on Zoom - Contact Sarah Carlson for information)*

**Sarah Carlson**

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