

# Brain Injury Peer Support Group

## 2024 ACTIVITIES/DATES

**JUNE 13**

Speaking Up For  
Yourself

**JULY 11**

BINGO!

**AUGUST 8**

Healthy  
Communication

**SEPTEMBER 12**

Finding the  
Motivation/Goals

**OCTOBER 10**

Halloween Arts  
& Crafts

**NOVEMBER 14**

Giving &  
Receiving Thanks

**DECEMBER 12**

A 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 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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