



## SABIS Fall Group Registration Form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMERGENCY CONTACT Name (please print):		Relationship:	
Home Phone:		Cell Phone:	
<b>Travel Arrangements (choose one):</b>	Driving	Access: #	<b>Any allergies/medical conditions:</b>
	Transit	Other:	

**Mark your top three choices by writing 1, 2, and 3 in the boxes. (1 = first choice)**

\*\* SABIS allows enrollment in only one group at a time. Final selection is by SABIS \*\*

- Women’s Group** (Tuesday mornings – 10:00 – 11:30 am) September 13 – December 13, 2016  
Empower yourself! Whether you are coping with life changes, difficulties with daily tasks & maybe understanding what steps to take next on your own personal journey, there’s nothing better than sharing these stories & experiences with other women who are going through these same challenges. This is a communication group & will include weekly handouts/assignments
- Living Well** (Tuesday afternoons – 1:30 – 3:00 pm) September 13 – December 13, 2016  
Meet other survivors and learn strategies for living well! Participants will be sharing information and stories in a positive and supportive environment. Topics will include: managing emotions, stress reduction, tips to improve memory, how to develop self-confidence and more! Please note this group requires a lot of communicating and sharing.
- Music** (Wednesday mornings – 10:00 – 11:30 am) September 14– December 14, 2016  
In this group we will explore a shared love and appreciation of the power of music. Activities will include music trivia and Name That Tune, drawing to music, music documentaries and a drum circle. We will discuss what kinds of music we like, the benefits of music, and how we can use music to improve our lives. Please note this is not a music theory or instructional course.
- Wellness and Movement** (Wednesday afternoons – 1:30 -3:00 pm) September 14 – December 14, 2016  
Wellness is a healthy balance of the mind, body, & spirit that results in an overall feeling of well-being. This group will include 2 parts: sharing & discussion of wellness & healthy living practices AND gentle physical movement / stretches from a seated position.
- Men’s Group** (Thursday mornings – 10:00 – 11:30 am) September 15 – December 15, 2016  
SABIS is once again offering a men’s-only group that will be facilitated by a brain injury survivor. This is a great group for men looking to discuss any challenges they may be having in their lives. Topics in this group are open & can include anything from well-being, relationships, or maybe even dealing with day-to-day difficulties. This is a communication group and requires weekly attendance.
- Social Games Group** (Thursday afternoons – 1:30 -3:00pm) September 15 – December 15, 2016  
Spend an afternoon with other survivors and be prepared to have fun! Examples of games include Trivial Pursuit, Pictionary, Apples to Apples and Scattergories. A popular activity from a previous semester was Hangman + Word Extraction – finding words in a longer word or phrase. Participants found over 200 words in one phrase!

**\*\*The DEADLINE to register is AUGUST 12, 2016\*\***

Please contact Michelle to register. If you have any questions, email [michelle@sabis.ab.ca](mailto:michelle@sabis.ab.ca)  
or call 403-521-5212, ext. 24