

Weekly Support Group Preference Form

All groups begin at the start of January and continue until the end of March
SABIS allows enrollment in only one group at a time; final selection is by SABIS

Leisure Activities in a Social Setting

Tuesday Afternoons - 1:30 PM – 3:00 PM

January 6, 2015 – March 23, 2015 (limit 15 participants)

Spend an afternoon with other survivors and be prepared to have some laughs and fun! Examples of games include Apples to Apples, Category Bingo, Trivia, and Scattergories. Includes opportunities to work as a team, enjoy a bit of friendly competition, and give your brain a work out at the same time!

Stress Management

Wednesday Mornings - 10:00 AM to 11:30 AM

January 7, 2015 – March 24, 2015 (limit 15 participants)

Stress is a natural response to change, but the changes following a brain injury can create additional stress and make it more difficult to manage. Learn about what stress is, how it affects you, and strategies for reducing your levels of stress. We will be exploring mindfulness-based stress reduction in addition to other coping strategies. Communicating and sharing is encouraged!

Living Well with a Brain Injury

Wednesday Afternoons -1:30 PM to 3:00 PM

January 7, 2015 – March 24, 2015 (limit 20 participants)

Meet other survivors and share your journeys. Learn strategies for living well! Participants will be sharing information and stories, and learning from one another in a positive and supportive environment. Please note this group will include a lot of participation, communicating, and sharing.

Personal Growth #2

Thursday Mornings -10:00 AM to 11:30 AM

January 8, 2015 – March 25, 2015 (limit 15 participants)

Personal Growth is a lifelong process. It's a way for individuals to have a better understanding of oneself. In this group participants can continue to explore their self-awareness and true goals. Each week there will be opportunities to share stories and discuss ways of enhancing quality of life. This is a communicating and sharing group and will include weekly take home assignments.

Better Communication through Art

Thursday Afternoons - 1:30 PM to 3:00 PM

January 8, 2015 – March 25, 2015 (limit 15 participants)

The creative process involved in artistic self-expression helps survivors work through challenges, develop interpersonal skills, develop abstract thought, increase self-esteem and self-awareness and achieve insight. Join other survivors while we paint, draw, sketch, collage and explore multi-media works.... the possibilities are endless!

If you have any questions or would like to give your registration preferences by phone please call Tessa at (403) 521-5212 ext. 22. You may also email this form to tessa@sabis.ab.ca.