



# Young Person's Traumatic Brain Injury (TBI) Support Group



## What does the Young Person's TBI Support Group provide?

The idea of these catch ups is to share our experiences and ideas with others who are facing similar challenges. The group provides support and the opportunity to be heard.

## Who can attend?

The meetings are open to any young person with a moderate to severe traumatic brain injury. These meetings are not suitable for family members.

## Who runs the group?

Anna and Louise (who are both in their 20's) and have traumatic brain injuries.

## Where & when do the sessions take place?

The group will meet at Cafe 218 (218 Moorhouse Ave, Sydenham) Monday morning at 10.30am.

## How do I join the group?

Ask any of the Insight Team for our contact details, alternatively we can also contact you.

Please let us know if you are attending the next catch up, as we would like to know numbers.

