



Brain Injury Life Skills Support Groups

The Alta Bates Summit Acute Inpatient Rehabilitation Program offers the following free support groups for those with brain injuries:

- ◆ **The Brain Injury Life Skills Group** provides a supportive environment and education to help work through feelings of isolation, confusion and despair. The group provides strategies for dealing with memory loss, decreased attention and concentration, anger and depression, communication and social skills, emotional stress and isolation. A Neuropsychologist facilitates the group.
- ◆ **The Advanced Life Skills Group** helps graduates of the Brain Injury Life Skills Group return to a more active role in the community. The intent is to identify goals for each individual that help him or her to function at a higher level in the community, such as returning to school, returning to work or assisting in a volunteer program. The Advanced Life Skills Group is facilitated by a Speech-Language therapist and includes speakers from local community agencies.

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- ◆ **The Family/Caregiver Education and Support Group** provides a supportive, educational environment to enhance the caregiver and family understanding of the cognitive and emotional changes resulting from brain injury. This group addresses networking with community resources, estate planning, competency and advanced directives, managing stress and understanding legislative updates on brain injury issues. A Neuropsychologist or other member of the professional clinical staff will facilitate the ongoing support group.

When:	2nd and 4th Thursday of each month from 6:30 pm - 8:00 pm
Where:	Herrick Campus, 2001 Dwight Way, Berkeley
Contact:	Call (510) 204-3307 to schedule a mandatory screening interview
Attendance:	A commitment of 4-6 months of consistent participation is required
Cost:	Free

