

# Family / Caregiver Support Group

## What is it?

A monthly support group meeting for caregivers and family members of individuals who are living with the effects of brain injury.

## What Topics?

- Managing role changes
- Feeling burnt out
- Navigating the system
- Dealing with anxiety & depression

**For Whom?** Family members/Caregivers for individuals living with the effects of brain injury

**When?** First Monday of the Month 7:00-8:00pm

\*If the first Monday is a holiday, groups will be held on the second Monday.

\*\*Snacks and beverages will be available.

\*\*\*No sessions held in July and August.

**Where?** Royal Canadian Legion – Branch 23  
Dress Lounge  
150 First Avenue West  
North Bay

**Contact:** Brain Injury Association of North Bay & Area  
(705) 840-8882 or [contact@bianba.ca](mailto:contact@bianba.ca)

## Teleconference: For People Living Outside of North Bay

Dates	How to Enter the Teleconference
Sept.8	Telephone number to call:
Oct. 6	1-800-263-3463
Nov. 3	Press: 8 when asked
Dec. 1	Conference Line: 620 when asked
Jan. 5, 2015	Pass Code: 416620 when asked
Feb. 2	You can use speaker phone if you have it and if you are having trouble hearing, please ask others to speak up.
Mar. 2	
April 13	
May 4	
June 1	