



Brain Injury Caregiver Support Group

A **PEER LED** SUPPORT GROUP FOR FAMILY MEMBERS OF PEOPLE LIVING WITH **BRAIN INJURY**



Are you a caregiver to someone with a brain injury, who wants to connect with others in similar circumstances?

THEN OUR PEER LED CAREGIVER SUPPORT GROUP IS FOR YOU!

All caregivers of people living with brain injury are welcome to attend our peer-led caregiver group, including:

- Spouses & Partners
- Adult Children of a Parent with a Brain Injury
- Adult Siblings
- Parents & Grandparents of Adult Children with Brain Injury

Meets on the Last Wednesday of the Month, 6:30 - 8:30 pm at the BIST Office:
40 St. Clair Ave East #205 (Above the Deer Park Library)

If this is your first time coming, please contact BIST's Program Coordinator Julie Notto at: 647-990-1485 or connections@bist.ca. For more information about BIST: www.bist.ca