



## Online SUPPORT GROUPS for ABI Survivors & Caregivers

Tuesdays 7:00pm to 8:30pm (end time may vary)

Members register via weekly email. Once registered a meeting link is sent to the email listed on the registration to join on the date of the meeting. If needed you can also be connected to the meeting through the phone. New members welcome, please contact us for information.

For Questions and/or Inquiries Contact 905-823-2221 or Email [supportgroups@biaph.com](mailto:supportgroups@biaph.com)

### Upcoming Meetings

**Tuesday May 04, 2021**

**Jeanette Podolsky of Speech Therapy Centres of Canada** - Connecting through Communication - Strategies from a Speech Language Pathologist

**Tuesday May 11, 2021**

**Jayesh Prajapati, Experienced Meditation Instructor** - Cashing Out Our Problems - Virtues and values

**Tuesday May 18, 2021**

**Aimee Hayes of Aimee Hayes & Associates** - Nutritional Meal Plans and Meal Plan Strategies following Brain Injury

**Tuesday May 25, 2021**

**Sue Brushey of BIAPH** - Peer Mentoring Program