



# HEADSPIN

## Young Adult Support Group

"It has been helpful to hear how other people are dealing with their brain injury. It helps to hear that other people also have challenges in living with a brain injury and it is helpful to hear how they try to manage it. I don't feel alone."

~ Headspin Member ~

## A SOCIAL GROUP



### Join Our Community

- Build new friendships
- Be involved in planning group activities
- Weekly meetings are offered both online and in-person
- Relaxed, Safe, and Supportive Environment
- Support is provided by facilitators trained in brain injury rehabilitation with many years of experience



### Try New Things

- Different activities are planned each week including; games, baking, cooking, pastel art, painting, drawing, movies, mini golf, escape rooms, and many more!
- Supplies are provided for some of the activities
- Most activities are free to members with some low-cost fees depending on the activity



### Eligibility

- Open to ABI Survivors ages 16 to 30
- Must be safe within the community
- Intake required

