

2023

Mild Traumatic Brain Injury and Concussion Education Session

Nova Scotia Health staff are offering a 2-part education session for people who have recently experienced a mild traumatic brain injury (TBI) or concussion. Each session is 60 mins (1 hour) long. This session is being offered online using Zoom for Healthcare.

Is this session for me?
\square I had a mild TBI or concussion within the last 6 months
□ I am 16 years old or older
□ I want to learn more about what to expect after a mild TBI or concussion, including:→ common symptoms
typical recovery process
ways to help manage my symptoms
> prevention strategies and resources

Session information:

The session is offered by health care providers working in acquired brain injury services.

> When: Thursdays from 1 to 2 p.m.

Where: Online using Zoom for Healthcare

How can I sign up?

This is a 2-part session. You must sign up for each part separately. You must pre-register:

> Online at: https://abi.nshealth.ca

> Or call: 902-473-8610

Prepared by: Acquired Brain Injury Services - Rehabilitation and Supportive Care, Nova Scotia Rehabilitation and Arthritis Centre WL85-2013 © July 2023 Nova Scotia Health Authority

This pamphlet is for educational purposes only.

It is not intended to replace the advice or professional judgment of a health care provider.