

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?

- 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

