

Mild Traumatic Brain Injury and Concussion Education Session

- Nova Scotia Health offers a 2-part education session for people who have recently had a:
 - › Mild traumatic brain injury (TBI)
or
 - › Concussion

The session is offered by acquired brain injury (ABI) health care providers.

Is this session right 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
 - › Ways to help manage my symptoms
 - › Typical recovery process
 - › Ways to prevent another TBI or concussion

Note: This is a 2-part session. You must sign up for each part.

- › When: Thursdays from 1 to 2 p.m.
- › Where: Online using Zoom
- **You must register before going to the session:**
 - › Online: <https://abi.nshealth.ca>
or
 - › Phone: 902-473-8610



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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.