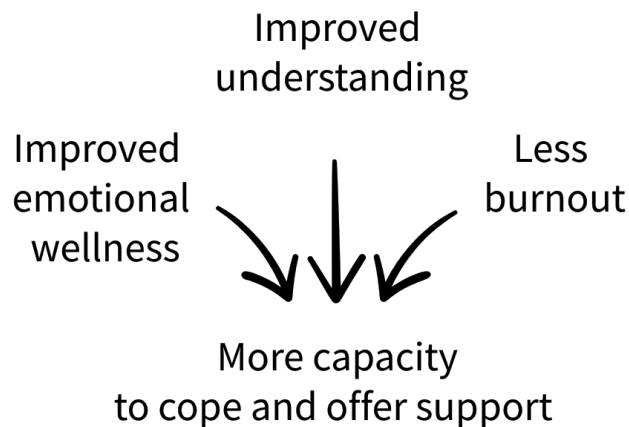


## Acquired Brain Injury (ABI) Family Support Group

- The ABI Family Support Group is for caregivers, loved ones, and/or support persons of people living with an ABI.
- The group offers education and support for:
  - › Improving your emotional wellness through self-care.
  - › Learning how to support your loved one.
- Topics include:
  - › Learning about ABI
  - › Relationship changes
  - › Loss and grief
  - › Self-care
  - › Caregiver burnout
  - › Other topics to meet group members' needs
- The group takes place over 8 weekly sessions. It may be in person at Bedford NeuroCommons or online through Zoom for Healthcare.

### Why should I join?



## Who can take part?

- You must be:
  - › 16 years old or older
  - › A caregiver or a loved one of a person with a stroke, moderate to severe traumatic brain injury (TBI), or other type of ABI who is currently or was recently involved with Nova Scotia Health ABI services
  - › Interested in learning and getting support from health care providers and others who are going through the same experience in a small group setting
  - › Able to commit to attending regularly

## How do I register?

- You can sign up by calling the ABI Day Program:
  - › Phone: 902-473-1229
- You can also be referred by a Nova Scotia Health ABI clinician.

**What are your questions?  
Please ask a member of your health care  
team. We are here to help you.**

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.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by: Acquired Brain Injury Ambulatory Care Teams  
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