



Brain Injury SA.

Embrace life after brain injury

10  
WEEKS

# youth Reconnect Transition Program



The youth Reconnect Transition Program (yRTP) helps young adults adjust to life with a traumatic brain injury following a road or motor vehicle accident.

The course is facilitated by a registered psychologist who is experienced in supporting individuals living with brain injury. yRTP also draws on the lived experience of trained peer mentors, who can offer insights from their own recovery journeys.

yRTP is an excellent opportunity to learn more about the brain and how to optimise recovery, and to connect with other

young adults who share similar experiences.

#### Topics covered include:

- neuroplasticity
- relationships
- mental health
- exploring work and study pathways

The 10-week yRTP is held annually and is free to attend. Sessions run from 10.30am to 1pm, with morning tea and a light lunch provided.

## More information?

Registrations are essential. Please contact us for program dates, more information about the program or to register your interest:

#### Telephone

**08 8217 7600**

#### Email

**info@braininjurysa.org.au**

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