



Brain Injury SA.

BISE Group 2021

The BISE Group is a free peer-support program run from Brain Injury SA's Central Hub.

Held on the first Wednesday of every month, sessions go for two-hours and a different topic is covered each time (see below for an outline of topics for 2021). The BISE Group has a relaxed atmosphere and is a fantastic opportunity for meeting people and forming new connections. Participants also benefit from the learning and sharing of practical tips for managing challenges associated with acquired brain injury and improving wellbeing.

Topics for 2021:

Jan 20th: Setting Up For Success In 2021

Feb 3rd: Employment after ABI

March 3rd: Social Communication

April 7th: Getting in Touch with Nature

May 5th: Creative Expression

June 2nd: Mindfulness

July 7th: Getting a Good Night's Sleep

Aug 4th: Nutrition and the Brain

Sept 1st: Technology

Oct 6th: Exercise

Nov 3rd: Gardening

Dec 1st: Preparing for the Festive Season

BISE Group 2021 Program Overview:
www.braininjurysa.org.au/bisegroup

TIME

10.30am–12.30pm

DATE

First Wednesday
of the month

FREE TO ALL

Light morning tea provided.

Registration is essential.
Contact Brain Injury SA

Please RSVP to Ed Weaver

TEL: 8217 7600

edward@braininjurysa.org.au

Lifetime
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