



Brain Injury SA.

BISE Group 2023

Brain Injury Support & Education (BISE) Group

Held on the first Wednesday of every month, the BISE Group is for people living with acquired brain injury and it has a relaxed and friendly atmosphere. It is a fantastic opportunity to form new connections and share and learn useful information across a range of great topics!

Topics for 2023

- Feb 1st:** Goals for the Year Ahead
- March 1st:** Getting a Good Night's Sleep
- April 5th:** Getting in Touch with Nature
@ Adelaide Botanic Gardens
- May 3rd:** Wellbeing
- June 7th:** Art Therapy
- July 5th:** Social Communication
- Aug 2nd:** Exercise
- Sept 6th:** Technology
- Oct 11th:** Gardening
- Nov 1st:** Art Appreciation
@ Art Gallery of SA
- Dec 6th:** Preparing for the Festive Season

WHEN

10.30am –12.30pm on the first Wednesday of the month (apart from the October session)

WHERE

BISA's Central Hub, 70 Light Square
OR other community locations – check on social media or with Ed (details below)

COST

FREE with a light morning tea

Registration is essential

Please RSVP to Ed Weaver

TEL: 8217 7600

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Lifetime
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