



Brain Injury SA.
Embrace life after brain injury

BISE Group 2024

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 with 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!

FREE

Light morning tea provided

10:30AM – 12:30PM
on the first Wednesday of the month

BISA's Central Hub

70 Light Square, Adelaide
or other community locations.

Check on social media or confirm with Ed or our administration team at **08 8217 7600**

Topics for 2024

Feb 7th: Goals for the Year Ahead

Mar 6th: Basket Weaving at BISA's Southern Hub

April 3rd: Getting in Touch with Nature at Adelaide Botanic Gardens

May 1st: Getting a Good Night's Sleep

June 5th: Art Therapy

July 3rd: Nutrition

Aug 7th: Technology

Sept 4th: Social Communication

Oct 2nd: Gardening at The Joinery Community Garden

Nov 6th: Art Appreciation at the Art Gallery of South Australia

Dec 4th: Preparing for the Festive Season

Registration is essential

Please RSVP to Ed Weaver

08 8217 7600

edward@braininjurysa.org.au

Lifetime
S U P P O R T

www.braininjurysa.org.au