



Brain Injury SA.

Do you have an ABI or know someone with an ABI who would benefit from our sessions?

Email us: info@braininjurysa.org.au

Community Learning & Life Skills

Oct
to Dec
2017



Our Community Learning and Life Skills program is designed for people living with ABI, their carers and families. The program of unique events, workshops and seminars assists people impacted by ABI to develop skills, increase their independence and move forward with their lives.

Below is the list of events for the coming months. Bookings are essential and there is no cost to attend.

If you are someone living with ABI or know of someone who is living with ABI, their carer or a family member,

and wish to attend one of our events, please register below. We would love to see you.

All Community Learning and Life Skills events take place at Brain Injury SA offices at 70 Light Square in the city.

Register today!

All Community Learning & Life Skills Events are FREE.

Bookings are essential, so please book your place today.

Register Online:
www.braininjurysa.org.au/register-lifeskills

Telephone: 8217 7600
Country callers: 1300 733 049

You can also email us at
info@braininjurysa.org.au

Carer and Family Support Group

Relationships after ABI
Tuesday, 3 October

Strategies for Self-care
Tuesday, 7 November

Promoting Positivity
Tuesday, 5 December

Information Sessions

Rewire
Tuesday, 31 October

Community Transport Options
Tuesday, 28 November

Coffee Club

City Coffee Group
Western Coffee Group
Northern Coffee Group

All people with ABI are warmly welcomed to all of our programs and events.

If you live with an ABI, please get in touch - we'd love to see you at one of our upcoming events.

www.braininjurysa.org.au/register-lifeskills

Carer and Family Support Group

Oct
to Dec
2017

On the first Tuesday of every month we host a welcoming support group for the carers and families of people living with ABI.

Hosted by our Senior Psychologist Ed Weaver, we present a different topic each month – all designed to help you better support people living with ABI and increase your own wellbeing. Numbers are strictly limited, and registrations essential, to ensure we keep an intimate group that will encourage group discussion and interaction. Morning tea will be provided.



October

Relationships after ABI

Tuesday, 3 Oct
10.30am – 12pm

A brain injury can lead to a range of changes and challenges in relationships with partners, carers, family, and friends. In this session we will discuss these, with a focus on learning from each others' experiences and identifying practical strategies to build better relationships.

WHO IS THIS EVENT FOR:

Carers & Family

Register

November

Strategies for Self-care

Tuesday, 7 Nov
10.30am – 12pm

As the old saying goes, if we are to successfully care for others, we must first care for ourselves. With that in mind, this session is all about you. We explore strategies for self-care, wellbeing and resilience to help you provide the best possible support to your loved ones.

WHO IS THIS EVENT FOR:

Carers & Family

Register

December

Promoting Positivity

Tuesday, 5 Dec
10.30am – 12pm

When someone we care about is struggling with their mental health, we often feel helpless. Much of the time, however, we can have a bigger impact on their wellbeing than we think. This session is about the practical things we can do to support someone with ABI to overcome mental health challenges.

WHO IS THIS EVENT FOR:

Carers & Family

Register



Rewire

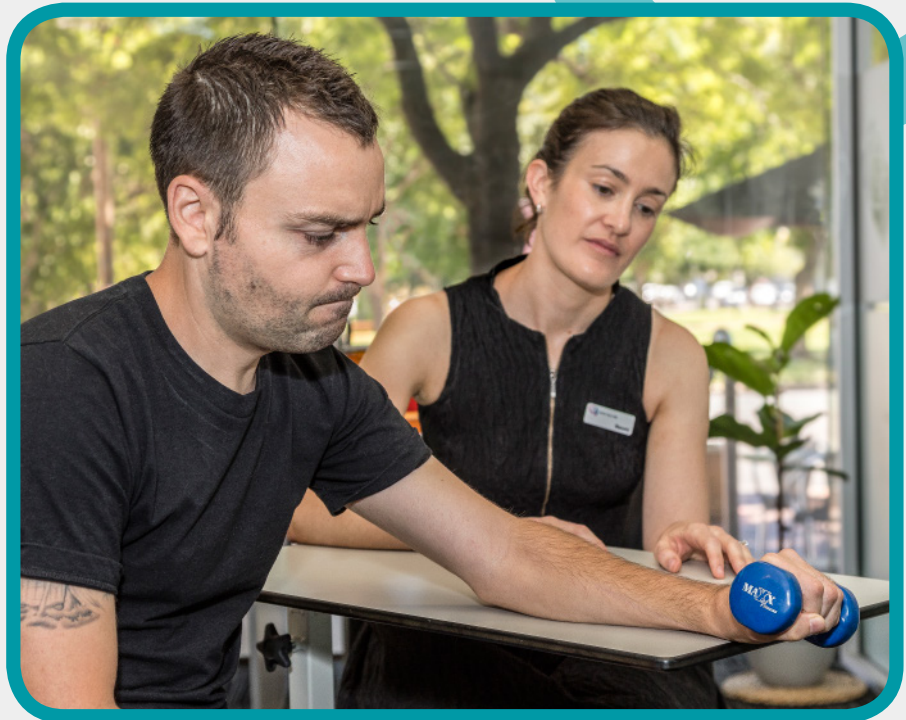
Tuesday,
31 October
at 2pm

Register

Senior Psychologist Ed Weaver will talk about Brain Injury SA's new multidisciplinary therapy program Rewire, and how it's assisting people with ABI to achieve their goals.

WHO IS THIS EVENT FOR:

People with acquired brain injury,
Carers & Family



Community Transport Options

Tuesday,
28 November
at 1.30pm

Register

Amy Nussio is an Occupational Therapist involved in the CarFreeMe TI Clinical Trial at Flinders University. Amy will provide information on alternate transport options available in Adelaide, including tips for using public transport and how to get the most out of the Adelaide Metro Website. She will discuss disability parking permit entitlements and provide an overview of local government transport services.

WHO IS THIS EVENT FOR: People with acquired brain injury, Carers & Family



Coffee Club with Brain Injury SA

Oct
to Dec
2017

Pop in to one of our Coffee Club gatherings, which aim to help and support people living with an ABI to develop their social networks.

They are happy, positive and welcoming for all age groups. There are three locations to choose from and we would love to see you at one of them soon:



City Coffee Group

**Last Wednesday of every month,
2pm - 4pm**

My Way Café, 76 Light Square,
Adelaide

WHO IS THIS EVENT FOR:

People with acquired brain injury

Register

Western Coffee Group

**Third Friday of every month,
2pm - 4pm**

Vili's Café Bakery, 2-14 Manchester St,
Mile End

WHO IS THIS EVENT FOR:

People with acquired brain injury

Register

Northern Coffee Group

**First Monday of every month,
2pm - 4pm**

Elizabeth Way McCafe, right near
the bus and train stations

WHO IS THIS EVENT FOR:

People with acquired brain injury

Register

Program Events Listing

DATE	EVENT	WHO FOR
3 Oct	Relationships after ABI Tuesday, 10.30am - 12pm	Carers & Family
20 Oct	Western Coffee Group Friday, 2pm - 4pm	People with ABI
25 Oct	City Coffee Group Wednesday, 2pm - 4pm	People with ABI
31 Oct	Rewire Tuesday, 2pm	People with ABI, Carers & Family
6 Nov	Northern Coffee Group Monday, 2pm - 4pm	People with ABI
7 Nov	Strategies for Self-care Tuesday, 10.30am - 12pm	Carers & Family

DATE	EVENT	WHO FOR
17 Nov	Western Coffee Group Friday, 2pm - 4pm	People with ABI
28 Nov	Community Transport Options Tuesday, 1.30pm	People with ABI, Carers & Family
29 Nov	City Coffee Group Wednesday, 2pm - 4pm **Last session for 2017**	People with ABI
4 Dec	Northern Coffee Group Monday, 2pm - 4pm	People with ABI
5 Dec	Promoting Positivity Tuesday, 10.30am - 12pm	Carers & Family
15 Dec	Western Coffee Group Friday, 2pm - 4pm	People with ABI