



Brain Injury SA.

Helping people with brain injuries
for over two decades

Reconnect Transition Program (RTP)

Friday
25 Jan 2019



10
WEEKS

Reconnect with your life after TBI.

Have you sustained a traumatic brain injury (TBI) as a result of a road trauma? Our Reconnect Transition Program (RTP) might just be for you.

Our friendly and skilled RTP team is led by Ashlee Raymond, Brain Injury SA's Psychologist, and includes mentors with firsthand experience of TBI.

We can help you reconnect to your life, your community and assist you to confidently plan for your future.

The course consists of ten weekly sessions held on Fridays and takes place at Brain Injury SA's Light Square offices from 10:30am to 1pm. Morning tea and a light lunch is provided.

There is no cost to attend the RTP and there are a small number of spots left for our next intake.

The course provides an opportunity for people to share and explore their experiences of brain injury. We will talk about a range of topics including:

- The brain and neuroplasticity
- Emotional wellbeing and building resilience
- Working through challenges and changes after a brain injury
- Identity and TBI
- Relationships with friends and partners
- Personal values
- Goal setting and building on individual strengths

Lifetime
S U P P O R T

Who:

People aged 26–65 who have an ABI as a result of a road trauma

When:

Starts Friday, 25 Jan 2019: 10 weeks

Time:

10:30am – 1pm
(includes morning tea & light lunch)

Where:

Brain Injury SA
70 Light Square, Adelaide

To Register:

Bookings are essential.

**Call Ashlee Raymond on
8217 7600 or email:
info@braininjurysa.org.au**

More information?

For more information on RTP and what services Brain Injury SA can offer, please contact us:

Telephone
08 8217 7600

Country callers
1300 733 049

Email info@braininjurysa.org.au

www.braininjurysa.org.au