

express (eRTP) Reconnect Transition Program

Mount Gambier







The express Reconnect
Transition Program (eRTP)
helps people adjust to life
with a traumatic brain injury
(TBI) following a road
trauma.

The course is facilitated by a psychologist who specialises in supporting people living with brain injury. The eRTP also draws on the experience of trained peer mentors, who offer insights from their own journeys of recovery.

The eRTP provides an excellent opportunity to learn more about the brain and how to optimise recovery, and to connect with other people who have a shared experience of brain injury.

The eRTP covers:

- Learning more about the brain and neuroplasticity
- Exploring the challenges of brain injury and strategies that may assist recovery
- Mental health and wellbeing
- Interpersonal relationships
- Identity and meaning
- Planning for the future and goal setting

PROUDLY SUPPORTED & FUNDED BY:



Who:

For people who have a TBI from a road trauma

When:

1st Friday of the month

Time:

10:30am - 12.30pm

Where:

Mt Gambier Library (Multifunction Room)

6 Watson Terrace.

Mt Gambier

To Register:

Email: info@braininjurysa.org.au

Registration is essential

More information?

For more information on eRTP 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