



# Brain Injury SA.

Embrace life after brain injury

## youth Reconnect Transition Program



**10  
WEEKS**

The youth Reconnect Transition Program (yRTP) helps younger 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 yRTP also draws on the experience of peer mentors, who offer insights from their own journeys of recovery.

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

### Topics covered include:

- Neuroplasticity
- Mental health
- Relationships
- Pillars of brain health
- Future goals

The 10-week yRTP is free to attend. Sessions run from 10:30am to 1pm, with morning tea and a light lunch provided.

PROUDLY SUPPORTED & FUNDED BY:

**Lifetime**  
S U P P O R T

### Who:

For younger people who have a TBI from a road trauma

### When:

Programs are run twice each year

### Time:

10:30am – 1pm

### Where:

Brain Injury SA's Central Hub, 70 Light Square in the city

### To Register:

Call Ed Weaver on 82177600 or email:

[edward@braininjurysa.org.au](mailto:edward@braininjurysa.org.au)

Bookings are essential

### More information?

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

Telephone  
08 8217 7600

Country callers  
1300 733 049

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[www.braininjurysa.org.au](http://www.braininjurysa.org.au)