



Brain Injury SA.

BISE Group 2019

Brain Injury Support and Education, or the “BISE group” is a free peer-support based program run from the Brain Injury SA Light Square office.

On the first Wednesday of every month, individuals living with acquired brain injury from all backgrounds are invited to attend a 2-hour workshop, each with a different focus topic. BISE group is a fantastic opportunity to socialise with other members of the ABI community, while increasing knowledge and strategies for managing some of the challenges of life with a brain injury.

BISE Group Topics:

- 6th February:** Mindfulness
- 6th March:** All about the brain
- 3rd April:** Health, nutrition and the brain
- 1st May:** Exercise, sleep and the brain
- 5th June:** Mental health
- 3rd July:** Interpersonal Relationships
- 7th August:** Personal Values
- 4th September:** Neuroplasticity
- 2nd October:** Goal setting
- 6th November:** Memory and ABI
- 4th December:** Preparing for Christmas

TIME

10.30am–12.20pm

DATE

First Wednesday
of every month

FREE TO ALL

Light morning tea provided.

To register contact
Brain Injury SA

Please RSVP to Ashlee

TEL: 8217 7600

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