

2018 Recovery Group

What is Recovery Group?

An educational group that meets to answer the most common questions about Traumatic Brain Injury and concussion. There will be a topic that is led by a brain injury professional.

Who attends Recovery Group?

Recovery Group is open to survivors, friends and family.

Can I just show up?

Yes!

Do you have more questions?

Please contact Claire at
703-451-8881 x 240.

Where

Brain Injury Services
8136 Old Keene Mill Road, Suite B-102
Springfield, VA 22152

When

10:30 AM - 12:00 PM

February 14

March 14

April 11

June 13

July 11

August 8

September 12

October 10

November 14

* No Recovery Group:
January, May and December

Topics

February 14 - Dr Lebedun

What happened to my brain?

March 14 - Earl Durant

Grief, Loss and Brain Injury

April 11 - Paul Levin-Alcorn

Gentle Yoga

June 13 - Dr. Alison Fedio

Why do I look fine, but I don't feel fine?

July 11 - Deborah Ross

Writing as a tool for recovery

August 8 - Dr. Clio Long

The Gift of Sleep

September 12 - Sara Pickford and Sara Aly

Wellness Recovery Action Plan (WRAP)

October 10 - Speaker's Bureau

Stories told by survivors

November 14 - Susan Moore

Nutrition and brain injury recovery

