

Through group discussions lead by DBIS facilitators caregivers will:

- Improve their understanding and appreciation of their experience of loss and the grieving process
- Improve their recognition of the importance of self-care in fulfilling the caregiver role
- Identify and recognize their strengths
- Improve confidence and capacity of caregivers to deal with challenges and issues resulting from brain injury
- Reduce stress in family relationships
- Improve awareness of growth possibilities and opportunities
- Enhance resilience to deal with life altering circumstances
- Experience an increase in coping
- Experience a decrease in caregiver burden



“I was thankful for the outlet of pain and sadness that I could not share before. Grateful for the insight into other’s situations and problem-solving” -- Caregiver

“I found this group was a real emotional support” -- Caregiver

“The sensitive caring group approach lead to a better understanding of my situation and renewed strength and confidence to be able to manage what lies ahead.” -- Caregiver

TIME & LOCATION

The Caregiver Group will take place at:

Dale Brain Injury Services
Nigel & Rhonda Gilby
Centre for New Tomorrows
345 Saskatoon Street
London ON
N5W 4R4

DATES: (Tuesdays)

November 19 - December 3, 2019

(Christmas break)

January 7—February 4, 2020

TIME: 1:30 pm to 3:00 pm



For More Information

Please contact Nancy Docherty at
519-668 0023 ext. 319 OR
admissions@daleservices.on.ca

INTRODUCTION

The consequences of brain injury impact not only the person who has the injury but also their caregivers who are parents, children, siblings, husbands, wives and friends.

Caregivers may find themselves feeling overwhelmed, frustrated, anxious, sad, guilty, angry and stuck in response to cognitive, physical and emotional changes of their loved one, changes in relationships, roles and responsibilities and disappointment in the supports received from the health care system.

In order to respond to caregiver needs, Dale Brain Injury Services has developed an 8 week Caregiver Group.

The group will provide caregivers a safe place for members to discuss the stresses, challenges and rewards of being a caregiver with other caregivers.

There are no fees to attend the group.



Caregiver Group 2019



We Build Futures.

345 Saskatoon Street

London, ON N5W 4R4

Office: (519)-668-0023