

November 9th Young adults with TBI Support Group meeting

Ground rules

- Arrive on time, if you're running late try and enter quietly. The same goes for leaving early.
- Respect the person who is speaking, save your comments for after they have finished
- Respect the safety of all group members, no threatening language or actions..."
- Be tolerant! Everyone here has a different past but we're all here now. Please accept each other.
- Respect other people's process, when appropriate we may make suggestions to each other but it's not acceptable to be pushy

6:00 arrive/ nametags... grab a treat

6:05 Announcements:

I don't have any announcements but I want to open it up to anyone else who might have any events or anything to let us know about before we open it up to sharing....

6:10 – icebreaker... lets go around the circle say our names and share something good or bad that happened recently, if your new to the group take a minute to tell us all who you are

6:25 – for the info session This month we have a new guest presenter: Dr. Zumsteg. She'll be talking about sleep and all the associated stuffs... after a tbi

6:55 – lets break up into small groups for discussions on topics of your choosing. Every group should have a worksheet, please make sure that I get this at the end so I can use it to help plan future meeting.

Some suggestions for topics are:

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|--------------------|---------------------------|---------------------------|
| - Nutrition | - Advocacy | - Reconnecting with |
| - Anger management | - Cognitive rehab (games) | people |
| - Depression | - Problem solving | - What are your routines? |
| - Time management | - Goal setting | - What has worked for |
| - Fatigue | - Alternative therapies | you? |

7:15 – lets come back together as a large group (keep sitting with your small group) and share parts of our discussions, any questions that persist of conclusions that you've come to.

CONFIDENTIALITY

“This is a safe place where people need to feel comfortable sharing whatever they want, because of this we all need to respect that someone may be sharing things that they wouldn't speak as openly about outside of a group like this. Just by being here we are a community. Respect is crucial. We all need to respect the confidentiality of our fellow community members by not sharing what is said here outside of this group. There is one obvious exception to this: if anyone expresses the intent to harm anyone we are required to alert the appropriate people.”