

## January 11th 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.
- Speak from your own perspective.
- 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:

-we have a **new rule!** Yay rules rule!

-free ski day(s)! – we're collaborating with Outdoors for all, the BIAWA, Headstrong and the TBI clubhouse to put together one (and maybe 2 free ski days) in February. If you missed our last meeting, Outdoors for all is an adaptive recreations organization that helps people with different abilities access recreational activities.

The process: you fill out the registration forms and get them back to me. I will get them to OFA, who will make final decisions about who will be able to go based on the availability of space.

Either they or I will notify you. If you need a ride transportation is available

The dates are: February 10th in the evening and March 4th (which is a Sunday) during the day.

6:20 – our presenter this month is Dr Hoffman, she'll be discussing "Sex and Sexuality After a Brain Injury"

since everybody has questions about this topic the bulk of the presentation will be Q+A, before that I believe that Dr Hoffman has a brief talk, if it brings up some questions for you try and hold them for a few minutes until she's done.

7:00 –

we may not have time for small groups tonight but if we do...

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:

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

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 or 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."