

# mindful connections

---

## A peer support group for younger adult survivors (18-55yrs) of brain injury

---

Mutual support, safe expression, education, ways to cope and move forward in a group setting. **Connect with people who get it!**

### FORMAT

7 sessions, closed group

Led by Social Worker Melissa Cutler, providing education and guiding discussion on topics relevant to you:

- ★ Coping with tough emotions
- ★ Facing loss and moving forward
- ★ Getting Productive and routined
- ★ Adapting to Relationship changes
- ★ Facing old friends, making new ones
- ★ Managing stress, managing anger
- ★ Sleeping well, feeling better
- ★ Returning to work? School?
- ★ My “ new normal”

**COST: \$175 for 7-session program\***

\*Subsidy TBD on ind. basis

---



### START DATE

Wednesday Oct 4th, 10:00-11:30am

- Every other Wednesday same time /place until Dec 20th, 2017
- Should be able to attend all sessions to gain maximum group benefit

### LOCATION

Mind Health Toronto  
3080 Yonge Street Suite 5016  
(At Lawrence Avenue)  
Toronto, M4N 3N1

### REFERRAL INFORMATION

Please contact:

Melissa Cutler MSW RSW

Phone: (647) 933-5506

Email: [info@melissacutlertherapy.com](mailto:info@melissacutlertherapy.com)

---

[melissacutlertherapy.com](http://melissacutlertherapy.com)

