



**THE BRAIN INJURY ASSOCIATION of NORTH CAROLINA**

*Offering help, hope, and a voice for people with brain injury and their families*

Support Group Activity & Thought for the Month

**Monthly Topic**  
**Social Skills**

How can the group leader(s) be role models for good social skills?

What Social Skills can members learn while in group? (See Social Skills Hand-out)

Which members have good social skills and what are those skills?

Is there one or more group members who speak up more than others?

Is there one or more group members who do not speak up during the group?

What are the reasons that some members speak up more or not at all?

Is there a chance to take turns with conversation during the meetings?

What could you do to improve your social skills each day/week?

What could our support group do to help everyone get better social skills or help one or more of our members?

Thought for Month

**Everyone uses social skills to get along with others in their home or community.**