



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

Supporting members who cannot attend group meetings

Identify 1 or more individuals who cannot attend the support group meetings

Discuss barriers such as rural area too far from meeting, lack of transportation (don't drive at night, need a ride, buses do not run at night), mobility issues, don't do well in groups...or it could be a military service man or woman)

How can group members assist with providing support to this person or persons?

Mail a card or materials or group meeting notes

Go visit the person in their home or in their community

Collect items to send to a soldier or marine in Iraq or Afqanistan

Become a 'virtual' buddy via email or instant message

Teach the person a new skill or share a passion

Identify computer internet sites or chat rooms or message boards of interest

What could you do to keep contact with a group member each day/week or month?

What could our support group do to help everyone get support even if they cannot attend meetings or to help one or more of our members?

Thought for Month

Some people with brain injuries or their families or our military may need support even if they can not attend our monthly meetings or activities