



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

Memory

What did we do last month during our group meeting or in our lives?

Who is new to the group and how can we support them? What have we done to support a new member or an 'old' member?

Have the same agenda each meeting for structure and consistency.

Have special activities planned far ahead or on the same day or week each year to help with planning

Call and remind, send written notice or emails

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

What could our support group do to help everyone improve their memory or strategies or help one or more of our members?

Thought for Month

Everyone needs a working memory to get the job done and get through each day. This could be assisted by planners, calendars, notebooks, recorders, reminders, notes or by family, friends or co-workers. Find what works for you to get the job done that you want or need to do!