



# Join the Call

Creatively connecting bodies, minds and hearts of those living with a *mild traumatic brain injury*.

## **FREE Introductory Live Peer Group Call**

**When: Tuesday, November 8, 2016 - 11 am to 12:15 pm (Pacific Time)**

**Where: anywhere you have a phone or computer!**

**Call : 712-775-7035 Conference ID: 680311#**

**(when you call in, you will be asked to enter the ID number)**

- ❖ Are you feeling isolated and hopeless?
- ❖ Are you hard on yourself because of your limitations?
- ❖ Do you want to be content in spite of your traumatic brain injury?

*This call will help you learn how to:*

- ❖ Make connections with others like you
- ❖ Learn non-traditional coping skills
- ❖ Feel Hopeful, Inspired and Nurtured

**Learn about me and the new peer group forming:**

**Call 530-483-8045, Email: [sabine@youruniquebrain.com](mailto:sabine@youruniquebrain.com) ,**

**Website: [YourUniqueBrain.com/peergroup](http://YourUniqueBrain.com/peergroup)**