

A SAFE AND INFORMATIVE SHARING SPACE

Young Brain Circle



A GROUP FOR YOUNG ADULTS WITH BRAIN
INJURIES INCLUDING CONCUSSION
AGE 18-36

BIWEEKLY ON WEDNESDAYS - 6:00 PM
STARTS FEBRUARY 1

STRESS MANAGEMENT, PAIN MANAGEMENT, SOCIAL
CONNECTIONS, MINDFULNESS, TECHNOLOGY & ME

Register [here](#) or [here](#):



BRAIN INJURY ASSOCIATION
WATERLOO WELLINGTON