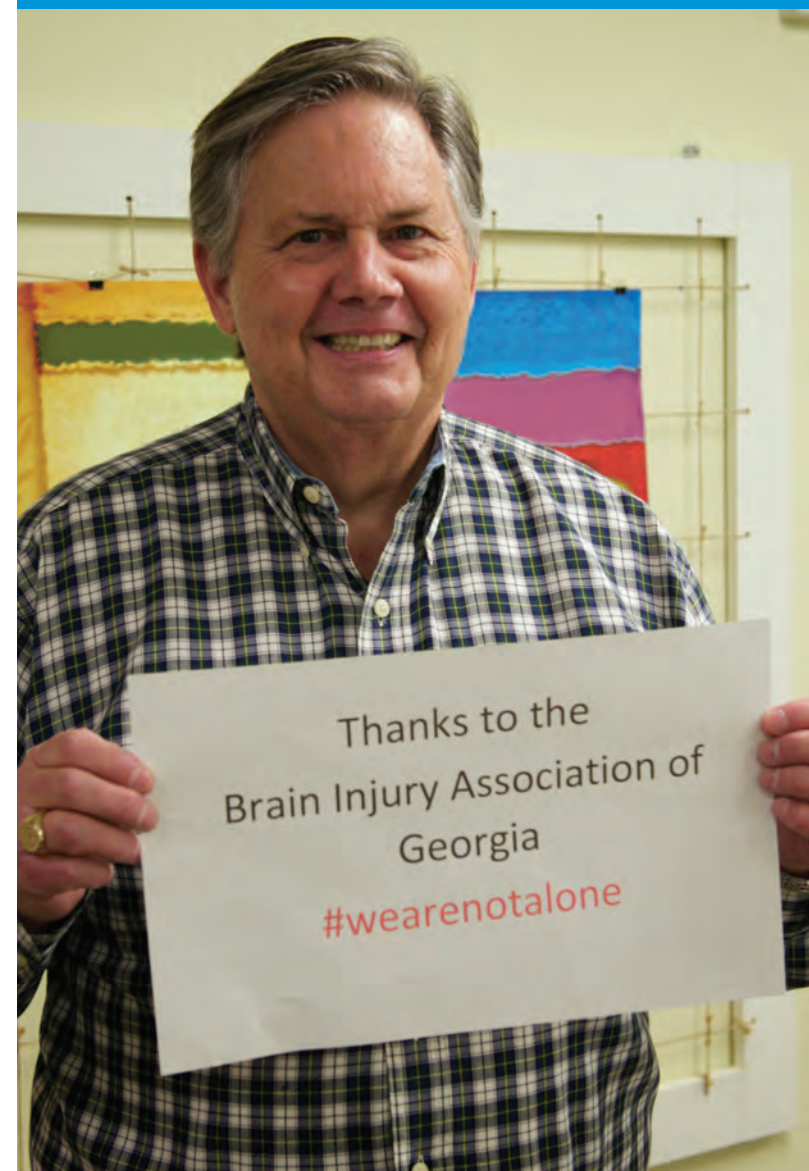




BIAG support groups provide a safe environment for survivors and caregivers to gather and share their journey together.



Support Groups



P.O. Box 2817 • Woodstock, GA 30188
404-712-5504 • info@braininjurygeorgia.org
www.BrainInjuryGeorgia.org

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Hope, Help and Support

Support groups and peer visits are an integral part of the Brain Injury Association of Georgia's mission to provide hope, help and support to survivors of brain injury, their caregivers, family and friends.

BIAG offers an extensive network of support groups across the state that provide a safe environment for members to share experiences, resources, and offer much needed encouragement and emotional support.

Each support group has its own dynamic. Some focus more on guidance and counseling, some on socialization and skill development, and others on networking and resource finding. The groups evolve through time as new members join and new needs are identified.

A current list of active BIAG Support Groups can be found at www.braininjurygeorgia.org.

To join a group, simply reach out to the group leader listed online and get connected today. If there is not a group in your area and you'd like to help start one, please email us at info@braininjurygeorgia.org.



Peer Visits

For those not ready for the group setting, BIAG can connect you to others that have walked a similar journey and can offer much-needed support and encouragement to you. Peers can meet with you one-on-one, visit with you by phone, or chat via email. BIAG has so many great people ready to reach out and assure you that you don't have to travel this journey alone.

If you would like to connect with a peer, contact us at info@braininjurygeorgia.org or 404-712-5504.



Brain Injury Association of Georgia



Benefits of BIAG Support Groups

- Emotional healing comes through interpersonal contact
- Sharing of similar experiences helps members feel less isolated and more empowered to deal with daily challenges
- Encouragement develops from learning about the achievements of others that have overcome similar difficulties
- Contribution helps support group members feel useful and gives meaning to their lives
- Education results from the exchange of information and personal experiences
- Socialization establishes and maintains important connections with people and enhances confidence in social skills
- Self-expression, as emotions are experienced and released, creates a greater understanding of oneself and one's capabilities
- Confidence building results as members self-direct the support group and work on the problems they all have in common
- Safety, in the context of a confidential, supportive, non-judgmental environment, allows for honest self-expression and confidence building
- A sense of growth occurs as long-term members see new participants and reminisce about where they began and how far they have come in their personal journey.

Connect Now:
www.braininjurygeorgia.org
info@braininjurygeorgia.org
404-712-5504

