

The Memory Group: Education, Support, and Strategies



Do you struggle with memory deficits? Do you have difficulty with multi-tasking, forgetfulness and distractibility? If yes, you may want to join our new group!

The Memory Group is a 12-session program for those who are experiencing memory changes due to a brain injury. Through discussions, in-class exercises, and evidence-based strategies, participants gain a better understanding of how memory works and tools to better manage their memory function.

When: Every Tuesday beginning, Tuesday, July 3, 2018

Time: 3:00pm-4:30 pm

Where: Head Office- Downstairs Boardroom
176 Robert Speck Parkway
Mississauga, ON.

Please note the capacity of this group is limited.

For more information, please contact your Case Manager or the Psychosocial Group Leaders Dorothy or Natasha D.

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