

## **Brain Injury Brunch and Learn**

**What:** A monthly person-centered group to learn about what a brain injury is, what it means if you have one, and some strategies to help manage your symptoms. Individuals will be given a FREE brunch and FREE resources.

When: First Thursday of the month at 10:00 am Central

- May 2
- June 6
- August 1
- September 5
- October 3
- November 7
- December 5

Where: Amachi Mentoring, 414 4th Ave. NE, Devils Lake

Participants will get to select each month's topics, from an evolving list made up of topics such as symptom recognition, why stopping and thinking is important, anger, etc.

## **For More Information**

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