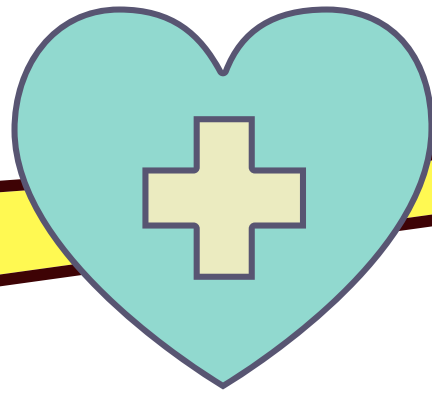
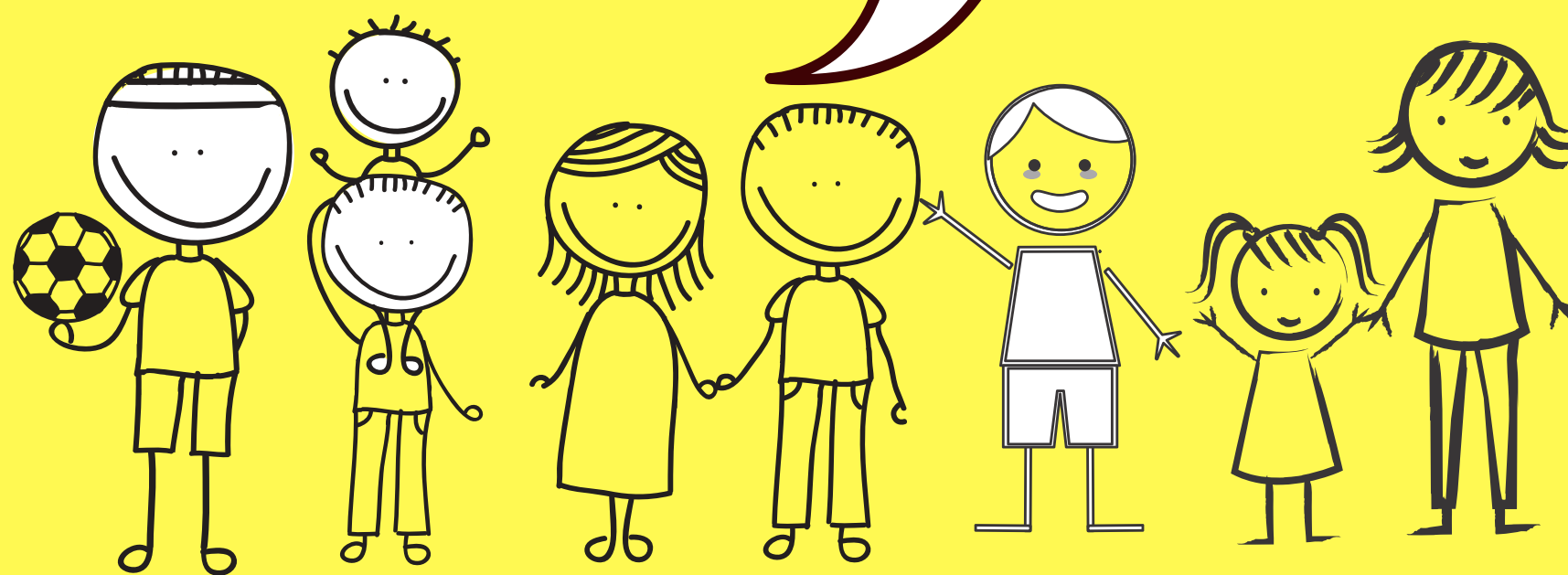




# SELF CARE



## COMMUNICATION FOR ABI CAREGIVERS



# Sat, February 11, 2017

10 am - 1 pm, Quaker House, 60 Lowther Ave  
(2 Blocks North of Bloor, 1 Block West of Avenue Road)

- Explore the challenges & the importance of carving out time for self-care
- Find solutions to the common communication pitfalls with family, friends & professionals
- Learn tools to de-escalate conflicts, increase guilt free self-care & improve communications

## PRESENTERS: Stacey Levine, B. A.

Stacey is the co-owner of Journey Rehabilitation and Behaviour Therapy, Stacey uses her clinical expertise to find creative solutions that improve quality of life for adults and children with brain injuries and neurological disorders, and their caregivers.

## Carrie MacKinnon, MSW

Carrie has over 10 years of experience providing case management, assessment and support to adults living with the effects of an acquired brain injury. She is the BIST Peer Support Coordinator and Young Adult Group Facilitator.