

# THE RESOURCE CENTER: Member-Driven ABI Services



New Way

[Individuals] perceive group interventions to be beneficial for sharing experiences and reducing isolation, receiving help and feedback and, assisting with adjustment and adaptation to life after traumatic brain injury.\*

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Come meet and interact with others who share similar experiences and challenges. The **Resource Center** offers a monthly **Support Group** for brain injury survivors, caregivers and family members. **Support Group** is open to the community each third Thursday of the month from 10:00 a.m. to 12:00 noon.

When cognitive, physical or mental health challenges impact a life, the Resource Center offers support and guidance for life's **New Way forward.**

## Get in touch!

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“This support group is a front-line resource for individuals with brain injury as well as their families and supporters. It's great to meet within a compassionate and understanding peer group. We share ideas, socialize and make new friends.”

Learn More at: [mhainc.org/programs/the-resource-center/](https://mhainc.org/programs/the-resource-center/)