

YOU ARE NOT ALONE

TBI Support Groups

- Open to anyone living with a brain injury and their families and caregivers.
- Available in-person and virtually.
- Free and confidential.
- Connect, share experiences, and find understanding in a safe, supportive setting.



TRAUMATIC BRAIN INJURY

Strategic Partnership Advisory Council
of Washington State



FIND THE RIGHT SUPPORT FOR YOU

Scan the QR code for current support groups, resources, and a comprehensive TBI Support Group Guide.

Call 2-1-1 for free, confidential TBI support and referrals to community resources.

Support groups are not a substitute for therapy.

*"I don't feel like I am alone anymore.
In this space I can be myself."*

-TBI Support Group Attendee

Accessible. Trauma-Informed.

Rooted in belonging and respect for all.

Place
stamp
here

