



Brain Injury Support Groups. Virtual Education and Social Support



These educational support groups will be hosted 100% online through the Hey Peers platform by certified support group facilitators.



Register for any of our monthly meetings by clicking the link below:

[.heypeers.com/organizations/88](https://www.heypeers.com/organizations/88)

Questions? Email us at tbihelp@outlook.com

Our virtual support groups are focused on developing long-term knowledge and generic problem-solving skills to aid those that have sustained a brain injury in overcoming obstacles that may interfere with a fulfilling life. We welcome people from all walks of life, including caregivers and veterans.

People living in a rural area can access the internet through Washington State Drive-In Hotspots. Locations can be found on the website, www.driveinwifi.wa.gov.

Current Monthly Group Schedule (PST)

- 1st Friday (4:00 - 5:00 PM) - Caregiver Focus
- 1st Sunday (5:00 - 6:00 PM)
- 1st Monday (7:00 - 8:00 PM)
- 2nd Thursday (7:00 - 8:00 PM)
- 3rd Monday (6:00 - 7:00 PM) - Veteran Focus
- 3rd Friday (5:00 - 6:00 PM)
- 4th Thursday (7:00 - 8:00 PM)
- 4th Friday (4:00 - 5:00 PM)

Group discussion topics can vary, but many will include a focus on Personal Development, Self-Care, Communication, and Interpersonal Dynamics.

Funding and oversight of this program is provided by the Washington State Traumatic Brain Injury Council through the Department of Social and Health Services (DSHS).