

## Acquired Brain Injury Information Sessions Frequently Asked Questions

- Location:** Room 635, Nova Scotia Rehabilitation Centre
- Time:** 1:00pm -2:00pm Mondays (except for Holidays)
- Who:** Sessions are intended for people living with Acquired Brain Injury (including Stroke), Friends, Family and any other interested persons.
- Fee:** There is no fee to attend.
- Referral:** No referral is needed to attend.
- Parking:** Visitors can park at the various street meters or in the parking lots of the QEII. They can go to the public website for current rates and parking lot maps. Or they can call (902) 473-2143 or email [parking@cdha.nshealth.ca](mailto:parking@cdha.nshealth.ca)

***Parking Rates (as of February 21, 2011) :***

\$1.25 first 1/2 hour  
\$1.25 second 1/2 hour  
\$1.25 third 1/2 hour  
\$1.25 fourth 1/2 hour  
\$1.00 each add'l 1/2 hour  
\$12.00 Daily Maximum/24hrs/transaction/exit  
Rates Charged per 1/2 hour or part thereof

**Contact:** Cherie Lewis, Acquired Brain Injury Day Program 473-7361  
Lindsay Dickson, ABI Navigator 473-1186  
Rhonda Booth, Acquired Brain Injury Outreach 473-4305

**Schedule:** See attached schedule.

<b>Group Information Sessions – Acquired Brain Injury</b>			
<b>Monday’s 1-2 pm, Room 635 NSRC</b>			
<p><b>July 11, 2011</b></p> <p>Living and Working with a Survivor of ABI: Why they do the things they do and what to do about it</p> <p><b>Dr. Richard Braha</b></p>	<p><b>July 18, 2011</b></p> <p>“Relaxation” Coping Strategies that Work</p> <p><b>Dr. Veronica Hutchings &amp; Rhonda Booth</b></p>	<p><b>July 25, 2011</b></p> <p>Prevention of Shoulder Pain</p> <p><b>Alison McDonald &amp; Joy Boyce</b></p>	<p><b>August 1, 2011</b></p> <p><b>No Education Session</b></p>
<p><b>August 8, 2011</b></p> <p>Community Reintegration after Brain Injury- Return to Work</p> <p><b>Brian Tapper &amp; Dr. Richard Braha</b></p>	<p><b>August 15, 2011</b></p> <p>Depression “Part 1”,</p> <p><b>Dr. Veronica Hutchings</b></p>	<p><b>August 22, 2011</b></p> <p>“Know Your Numbers” Healthy Eating and Physical Activity</p> <p><b>Cathy Doyle &amp; Alison McDonald</b></p>	<p><b>August 29, 2011</b></p> <p>Memory Strategies</p> <p><b>Cherie Lewis</b></p>
<p><b>September 5, 2011</b></p> <p><b>No Education Session</b></p>	<p><b>September 12, 2011</b></p> <p>Impact of an Acquired Brain Injury on Spousal/Partner Relationships</p> <p><b>Robert Allan</b></p>	<p><b>September 19, 2011</b></p> <p>Understanding and Dealing with Changes in Thinking and Behaviour</p> <p><b>Dr. Brigitte Patry</b></p>	<p><b>September 26, 2011</b></p> <p>Leisure in Your Life</p> <p><b>Coleen Lawlor and Andrew Ostler</b></p>
<p><b>October 3, 2011</b></p> <p>“What is Available for Community Resources” Community Wellness Centres</p> <p><b>Lindsay Dickson &amp; Nicole Parsons with Wellness Navigators</b></p>	<p><b>October 10, 2011</b></p> <p><b>No Education Session</b></p>	<p><b>October 17, 2011</b></p> <p>Depression “Part 2”</p> <p><b>Fay Louch</b></p>	<p><b>October 24, 2011</b></p> <p>“Living One Handed in a Two Handed World” Leisure</p> <p><b>Natalie Thornley &amp; Anthony Brown</b></p>
<p><b>October 31, 2011</b></p> <p>Anticipating Challenges of Returning to School</p> <p><b>Brian Tapper</b></p>	<p><b>November 7, 2011</b></p> <p>The Caregiver Experience</p> <p><b>Paula Taylor</b></p>	<p><b>November 14, 2011</b></p> <p>How do you feel- Dealing with Anger</p> <p><b>Fay Louch, Rhonda Booth, and Nicole Parsons</b></p>	<p><b>November 21, 2011</b></p> <p>Fatigue</p> <p><b>Dr. Gail Eskes</b></p>
<p><b>November 28, 2011</b></p> <p>Energy &amp; Pacing Strategies</p> <p><b>Cherie Lewis</b></p>	<p><b>December 5, 2011</b></p> <p>Sharing the Patient and Family Perspective</p> <p><b>Natalie Sabean</b></p>	<p><b>December 12, 2011</b></p> <p>“Living One Handed in a Two Handed World” In-Home Activities</p> <p><b>Natalie Thornley &amp; Anthony Brown</b></p>	<p><b>Happy Holidays!</b></p>

**Please note: Presenters are indicated below the information session title**