

## Midlands brain injury support groups 2012 calendar

### Monaghan support group

Each meeting is held on the third Thursday of every month at 2:00pm - 4:00pm in the Crannog Resource Centre, Castleblaney, Monaghan

19 <sup>th</sup> January	19 <sup>th</sup> July
16 <sup>th</sup> February	August to be decided
15 <sup>th</sup> March	20 <sup>th</sup> September
19 <sup>th</sup> April	18 <sup>th</sup> October
17 <sup>th</sup> May	15 <sup>th</sup> November
21 <sup>st</sup> June	December to be decided

### Cavan support group

Each meeting is held on the fourth Thursday of each month at 11:00am - 1:00pm in the Rehabcare building, Bailborough, Cavan

26 <sup>th</sup> January	26 <sup>th</sup> July
23 <sup>rd</sup> February	August to be decided
22 <sup>nd</sup> March	27 <sup>th</sup> September
26 <sup>th</sup> April	25 <sup>th</sup> October
24 <sup>th</sup> May	22 <sup>nd</sup> November
28 <sup>th</sup> June	December to be decided

### Longford support group

Each meeting is held on the third Thursday of every month at 7:30pm - 9:30pm in the Phoenix Centre, Dublin Road, Longford

19 <sup>th</sup> January	19 <sup>th</sup> July
16 <sup>th</sup> February	August to be decided
15 <sup>th</sup> March	20 <sup>th</sup> September
19 <sup>th</sup> April	18 <sup>th</sup> October
17 <sup>th</sup> May	15 <sup>th</sup> November
21 <sup>st</sup> June	December to be decided

### Westmeath Support group

Each meeting is held on the 2nd Thursday of every month at 7:30pm - 9:30pm in the Serenity House, Kinnegad, Westmeath

19 <sup>th</sup> January	12 <sup>th</sup> July
16 <sup>th</sup> February	August to be decided
8 <sup>th</sup> March	13 <sup>th</sup> September
12 <sup>th</sup> April	11 <sup>th</sup> October
10 <sup>th</sup> May	8 <sup>th</sup> November
14 <sup>th</sup> June	13 <sup>th</sup> December

### Offaly/Laois support group

Each meeting is held on the 3<sup>rd</sup> Monday of every month at 7:30pm - 9:30pm, in the Centre for Independent Living, Clonminch Road, Tullamore, Offaly.

16 <sup>th</sup> January	16 <sup>th</sup> July
20 <sup>th</sup> February	20 <sup>th</sup> August
19 <sup>th</sup> March	17 <sup>th</sup> September
16 <sup>th</sup> April	15 <sup>th</sup> October
21 <sup>st</sup> May	19 <sup>th</sup> November
18 <sup>th</sup> June	December to be decided

For any queries regarding these groups, turn over this page to read our frequently asked support group questions and answers or contact us at:

- Bri office 01 235 5501 / [info@briireland.ie](mailto:info@briireland.ie) / [www.briireland.ie](http://www.briireland.ie)

## Questions you may have about Brí support groups!

### **How often are the group meetings?**

Our groups are held once a month (groups take summer a break in August) and last for two hours. Different groups meet at different times.

### **How many will be there?**

It's impossible to predict how many will attend any group. On average, attendance will usually be between five and fifteen, with a mixture of people with brain injury, carers, family members and friends.

### **Do I have to say anything when I get there?**

You don't have to speak if you don't want to, you can sit back and listen. However, you may be invited to share if you wish.

### **Can someone come with me for support?**

Yes of course. Many people coming to a group bring their carer, a family member or a friend for moral support. Everyone is welcome to come along to our groups.

### **Do you have social outings within the groups?**

All of our groups are different. Some groups prefer to sit and talk, while other groups like to organise social activities such as bowling, mass, group outings, depending on what the group would like to do. The group facilitator can advise you more on this.

### **Do you have guest speakers on different topics at your groups?**

Most of our groups invite guest speakers to come along and speak on different topics. It depends on what the group would like information on. The group facilitator will organise a guest speaker on what the group would like.

### **So, what happens when you get there?**

- People are welcomed on arrival by the group facilitator
- The groups are confidential so that what is discussed at a meeting is not to be spoken about outside the group.
- Through the two hours, the group listens and supports each other, ideas on different issues are freely given. A certain topic may be discussed at the meeting or a guest speaker may speak during the meeting. It is important to remember that you can be of great help to others within the group by sharing your experience and the coping skills you have developed.
- There may be tea/coffee available at the group either during or after the meeting.