

Are you affected by **STROKE** or **BRAIN INJURY**?

Join us for our upcoming Educational Workshop :

Coping with Depression & Anxiety After Brain Injury

With Jan McNeil MA, RCC

Thursday, February 21st 2019

1:30-3:00 pm

North Nanaimo Library, 6250 Hammond Bay Road

Is depression and anxiety normal after brain injury? Is it different from other depression and anxiety? Sustaining a brain injury can be a very difficult thing for anyone to go through. It is normal to feel intense stress and emotions such as anger, fear, sadness and worry following such a life-changing event. This workshop will provide some valuable coping strategies to help deal with the anxiety and depression that may occur after brain injury.



Jan has been a counseling therapist for almost two decades and in the field of social services for more than 25 years. She has worked in a variety of settings including hospitals, non-profit agencies, schools, mental health agencies and now in private practice. Her area of focus has been on grief and loss, addictions, life changes and mental health and she has a strong interest in helping others heal from trauma and life issues

For people with acquired brain injury/stroke and family caregivers.

No Charge. Space is limited. Please call or email to reserve your seat.

Call Adrienne 250-753-5600 ext. 202

or email adrienne@nbis.ca

