



YOUNGER PERSONS GROUP

for people between the ages of 18 and 30

LOOKING FOR SUPPORT AFTER A BRAIN INJURY?

Are you or someone you know a young survivor of a brain injury? You don't have to face the challenges alone.

Our younger persons support group is here for you, offering a safe space to connect, share experiences, and find strength in each other.

Online meetings are held on the first Thursday of each month.

HOW CAN WE HELP?

Our Younger Persons support group is hosted online, once a month. You can expect the following:

1. Understanding and Empathy:
 - Connect with others who have walked a similar path.
 - Share your journey without judgment.
2. Educational Workshops:
 - Learn about brain injury recovery and coping strategies.
 - Guest speakers, therapists, and medical professionals.
3. Building Friendships:
 - Forge lasting connections with fellow survivors.
 - Social events and outings to create a sense of community.
4. Supportive Environment:
 - Emotional support for both survivors and their families.
 - A place to express concerns, fears, and triumphs.

WHAT YOU CAN EXPECT

You can expect to meet people your own age, a sense of togetherness and to not feel alone.

We will be discussing topics such as:

- Socialising
- Education
- Relationships & Intimacy
- Work
- Driving
- Increasing Independence

YOUR NEXT STEPS

How to Join:

- No Registration Required, drop in whenever you can.
- Bring a friend or family member for support.

Confidentiality:

- A safe and confidential space to share.
 - Geared towards young adults (ages 18-30).
- (We also have two monthly online groups for people of any age).*

GET IN TOUCH

You don't have to face it alone.

Join our community of survivors, where support, understanding, and hope thrive. Together, we are stronger. You are not alone in your journey toward healing.

CONTACT US TODAY

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