

Mild Traumatic Brain Injury & Concussion Information Session

Based out of the Nova Scotia Rehabilitation Centre, we offer an information session to people who have recently experienced a concussion.

Is this group for me?

- I had a concussion within the last 3 months
- I am 16 years or older
- I would like to learn more about what to expect following a concussion including:
 - Common symptoms
 - Typical recovery process
 - Strategies to help manage my symptoms
 - Prevention strategies and resources

When is this group available?

When: Monday, every 2nd week

Time: 1:00pm-2:00pm

Where: Nova Scotia Rehab & Arthritis Centre
Room 228, 2nd floor

Who: Offered by health care professionals working in brain injury services

How can I participate?

Pre-register by:

Phone: 902-473-8610