



Life After Spinal Cord Injury: A DISCUSSION GROUP

A discussion group for individuals living with spinal cord injury and their caregivers. Join us to listen, share if you feel comfortable, and to give and receive support.

February 25 – April 1
12:30-1:30 p.m.

Bill Collins Room – Frazier Rehab Lobby
Past elevators on the right
Frazier Rehab Institute
220 Abraham Flexner Way

Frazier Rehabilitation Institute

UofL Health

Meeting Dates:

- Thursday, February 25
- Thursday, March 4
- Thursday, March 11
- Thursday, March 18
- Thursday, March 25
- Thursday, April 1

Discussion Topics Include:

- Dealing with the stress of recovery
- Moving through the stages of grief
- Rediscovering meaning and purpose
- Communication with caregivers and significant others
- Connecting with self, others, and higher power
- Getting back to things you love

Join us on Zoom!

Meeting ID: 919 0477 0744

Click [HERE](#) to
**Connect
Virtually**

FOR MORE INFORMATION

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Discussion will be held in-person and online via Zoom.
In-person seating is limited based on spacing/distancing of individuals; however participation online is open to all.