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**HEADS UP GROUP SUPPORT**

# NEWSLETTER

## March 2007

*"The most wasted day of all is that during which we have not laughed."*

*~Sebastian R. N. Comfort*

### HAPPY ST PATRICK'S DAY TO ALL!

### HAPPY BIRTHDAY!

- HAPPY BIRTHDAY to Isabel and Rich B. both on the 15th. We wish you a very Happy Birthday :)

### NEWS

- March is brain injury awareness month. Did you know that every 23 seconds a brain injury occurs or 1.4 million people in the U.S. get a brain injury annually? ([biausa.org](http://biausa.org)). Our cozy Huggers group can help get the word out that we exist in the Conejo Valley, so we can be of assistance and expand our social skills.
- BISG is having an Open House on March 24 & 25, 10 am to 4 pm. Maybe we can car pool there to see what they have to offer.
- Hedy will be in town at the end of this month (29 -31), and she hopes she can meet with us. Stay in touch via email/phone.
- Mike R is finally home after a long stay @ Los Robles Hospital. Thank goodness Pat is a trooper & great caregiver & has seen that he is getting the needed therapies at home. He is coming along :)
- Donations in February: \$6. Please donate :)

### MEETING: 2nd Thursday of the Month

6:30-8:00pm at 72 Moody Court in T.O.

### **8th - Brain Injury Awareness Month**

Discussion: What have you learned? What can you share about your experience? Where can you go from here? Did you know anything about brain injury prior to your experience? What can you do to raise awareness?

### **22nd - Brunch at Denny's**

Meet at 11:30am at Denny's in Thousand Oaks to socialize.

### UPDATES

- Ryan N, is interested in trying a new restaurant for our brunch, so this month we will try Denny's in Thousand Oaks. Another option might be Roxy's Deli? Your input is welcome :)

### CONTACT INFORMATION

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~Verónica