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HEADS UP GROUP SUPPORT

NEWSLETTER

May 2007

"To change everything, simply change your attitude."

~Author unknown

HAPPY BIRTHDAY!!

To both Ryan A. and Hedy on the 20th!

UPDATES

• A sneak peak for our meetings for the coming months reveals:

June- Struggles and Victories. This time will be dedicated for survivors to share amongst themselves, as well as caregivers.

July- Guest speaker: Loislyn. As requested, returns to answer questions. Topic TBA.

August- meeting cancelled. Enjoy your summer.

EVENT

• **May 14th HUGS goes to the Getty Villa.**

I have reservations for 10:30 am for 5 persons and sent out e invitations to others who may wish to join us. Admission is free; parking is \$8. We will eat lunch out. Katherine & I will leave our house at 9:30 am and have 2-3 seats available.

• Other events in the works include a bowling night, a picnic at Gardens of the World, HUGS goes to Zuma. Any other event YOU would like to plan?

• Donations in April: \$5. Please donate :)

~Verónica

MEETING: 2nd Thursday of the Month

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

10th - Guest Speaker: Celeste from Oaks Rehabilitation Specialists

As recommended by Ryan N, Celeste joins us for an inspiring evening to discuss various topics of interest: what services can they offer for individuals with long-term brain injuries? Tips on motivating/inspiring survivors to re-start a therapeutic program. What insurance do they take? Also, bring YOUR questions.

24th - Brunch at Eggs 'N' Things

Meet at 11:30am at Eggs 'N' Things in Thousand Oaks to socialize.

Yes, we are back there and ready to settle down :)

• **Reminder:** our brunch is ALWAYS on the 4th Thursday of the month. Mark your calendars. Now, it is ALWAYS at Eggs 'N' Things in Thousand Oaks. Just show up and enjoy each other's company :)

CONTACT INFORMATION

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