

HUGS

Newsletter

May 2005

Greetings to all!

It was wonderful to see all of you on Thursday 21st. We are here to provide a supportive space for all those coping with the ramifications of brain injury. Many thanks to Shawn F for all her hard work and carrying on with the group while I continue to work on my Master's. I will not be at HUGS until May 26th as I have to attend my last three required seminar meetings. We hope you let us know suggestions for HUGS meetings and for social activities for the group. We know that EVERYONE has something to contribute, and we can all learn from each other. ~Verónica

Suggestions

Just want to remind everyone that we are open to suggestions for the group. Do you...

- ❖ Have an issue you would like help with?
- ❖ An idea for the theme of a meeting?
- ❖ A talent you would like to share?
- ❖ Any suggestions to help make the group more effective, pleasant, fun?

We would like to hear from you in person or send an email to vmartain@adelphia.net or firebaugh@adelphia.net. Put **HUGS** in the subject line.

Community Activities

If you would be interested in any of the following "field trips" contact Verónica

1. The Getty.
2. Riding the Red Line Metro to Union Station.
3. Hike at Satwiwa (I could arrange for a ranger to take us on a guided walk, but I need to know numbers of interested people).
4. Meet on Memorial Day at Conejo Community Park for the concert.

May Speaker

Gloria from Ride On is confirmed for May 19th for a presentation, about 20 min + 20 min Q &A

Meeting **6:30-8:00 Thursday** Evenings
Call Verónica 498-6851 or Shawn 499-4790