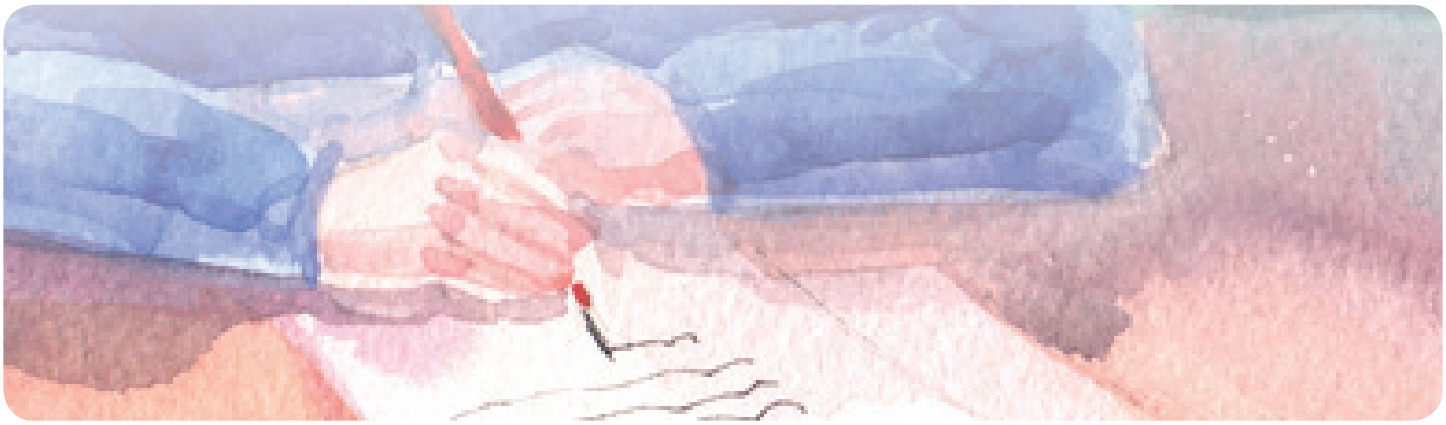
Journaling for Recovery from Mild Brain Injury



Are you recovering from mild brain injury or know someone who is?

Through the process of journaling, we will discover the hope and gifts within each of us to support optimum wellness.

This group will focus on embracing your new life by sharing your story with others who are also on the path of recovery.

- 8 weeks, 90 min sessions
- Tuesdays, 5:00 - 6:30 p.m.
- Starts January 18, 2010
- Cost $100

Community Health Education & Simulation Center, Classroom #2
Northwest Hospital & Medical Center
1550 N. 115th St., Seattle, WA 98133

Facilitated by:

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Pam Woodroffe, MSW, LASW, Licensed Medical Social Worker & Counselor

UW Medicine
NORTHWEST HOSPITAL & MEDICAL CENTER

Call Joan Jaeger at 206-368-1094 for more information.