

## **MEETINGS ARE HELD:**

### **WHEN:**

3rd Tuesday of each month  
5:30 PM to 7:00 PM

### **WHERE:**

Central Illinois Neuroscience Foundation  
1015 S. Mercer Avenue  
Bloomington, IL 61701

### **FOR MORE INFORMATION:**

Visit our website at  
**[www.strokebrainsupport.org](http://www.strokebrainsupport.org)**  
Email: [strokebrainsupport@hotmail.com](mailto:strokebrainsupport@hotmail.com)

**Jackie Smith, Chairman**

(217) 935-5476

**Chris Donnan, Vice Chairman**

(217) 935-8789

If you would like to be added to our mailing list to receive monthly meeting reminders please call (309) 663-1522 or log onto our website at [www.strokebrainsupport.org](http://www.strokebrainsupport.org)



*Sponsored by the Central Illinois Neuroscience Foundation  
a non-profit organization dedicated to the advancement of  
neurological healthcare through education and research.*

**[www.cinf.org](http://www.cinf.org)**

  
central illinois  
**NEUROSCIENCE**  
**FOUNDATION**  
C/O Stroke/Brain Injury Support  
Group of Bloomington/Normal  
1015 S. Mercer Avenue  
Bloomington, IL 61701

Are you a stroke/brain  
injury survivor?

**OR**

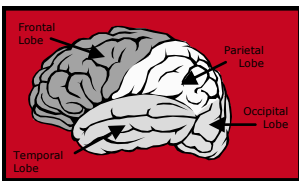
Are you a caregiver/family  
member of a survivor?

## **Stroke/Brain Injury Support Group**

*of the Bloomington/Normal area*



No Registration, No Fees,  
No Pressure, No Obligation,  
**JUST COME!!**



# Stroke/Brain Injury Support Group *of the Bloomington/Normal Area*

**Hosted by** the Stroke/Brain Injury Support Group of the Bloomington/Normal area, a group of individuals who have experienced a stroke or brain injury and their caregivers dedicated to helping others in need of support and information.

**Mission Statement:** Establish and nurture a community of stroke/brain injury survivors, caregivers, and family members to support each other as we cope with everyday challenges.

## Our Survivors Say...

"When I am with the group I don't feel ashamed of my disabilities. If I forget something (go blank) in mid-sentence, I feel the acceptance and understanding. It makes it safe for me to be here (I usually isolate and feel ashamed). The courage of others, and that people have said they're still glad to be alive, helps me keep going—keep choosing life."



**"Best support ever!"**

"Survivors give us support, strength, and encouragement. I feel better since the support group."

**Monthly Meeting** consists of an educational presentation followed by a brief social gathering with refreshments. We then break into two groups, survivors and caregivers. Within each group, individuals are given the opportunity to share their experiences, whether it be successes, frustrations, or general daily obstacles. Although the groups have designated facilitators, the discussion topics are always open.

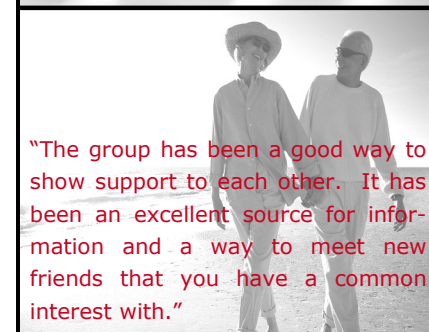
**Immediate Support** is available. Your life changes the moment you or a loved one are faced with a stroke or brain injury. This can be a frightening time, with many questions about your future, options, and resources. The Stroke/Brain Injury Support Group of the Bloomington/Normal area has volunteers who have coped with similar life altering situations and are available to others faced with these challenges.

**Discussion • Support • Information • Friendship**  
**Encouragement • Socializing**

## Our Caregivers Say...



"For me the rewards of being in this support group are two-fold: 1) gaining knowledge is empowering, and 2) forging friendships with others who share common struggles adds a new dimension of strength and joy to my life as a caregiver."



"The group has been a good way to show support to each other. It has been an excellent source for information and a way to meet new friends that you have a common interest with."