

Gray Matters Brain Injury Support Group Flyer



**Feel supported
and encouraged!**

- * Be with others who can understand you
- * Better understand & manage the effects of your injury
- * Covers interesting, fun & relevant topics & modalities
- * Develop interpersonal skills
- * Learn better strategies & better attitudes
- * See that you are not in on this alone
- * Socialize - get to know one another
- * Laugh and have some fun!

San Diego

Sharp Rehab - Conference Room

2999 Health Center Dr.

San Diego, CA 92123

First Tuesday of each month

5:30 pm to 7:30 pm

North County

Del Mar Library - Community Room

1309 Camino del Mar

Del Mar, C A 92014

Third Thursday of each month

5:30 to 7:30 pm

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[www. graymatters4u. com](http://www.graymatters4u.com)