

IT IS THE INTENTION OF THE HEADS UP FOR HOPE BRAIN INJURY AND CAREGIVERS SUPPORT GROUP (HUH) TO PROVIDE A SAFE, COMFORTABLE, 'TRIGGER FREE' ENVIRONMENT THAT ALLOWS FOR SHARING OF PERSONAL EXPERIENCES RELATED TO MEMEBERS INJURIES, TREATMENTS, OBSTACLES, TOOLS LEARNED, EDUCATIONAL MATERIALS AND RESOURCES



# HEADS UP *for* HOPE

Supporting Brain Injury Survivors & Caregivers

MEETINGS  
ARE HELD ON THE  
1ST AND 3RD MONDAYS  
OF EACH MONTH  
5:30 - 7:30 PM

Edwards Interfaith Chapel  
2nd Floor Study Room

CAREGIVER MEETINGS  
ARE HELD GENERALLY  
EVERY 5TH WEEK  
5:30 - 7:30 PM

Edwards Interfaith Chapel  
2nd Floor Study Room

YOGA & MEDITATION  
ARE HELD WEEKLY  
FOR DATES AND  
LOCATIONS PLEASE VISIT

[info@headsupforhope.com](mailto:info@headsupforhope.com)  
- or -

Facebook - Heads Up for HOPE

ALL MEETINGS AND YOGA & MEDITATION ARE FREE TO BRAIN INJURY SURVIVORS AND CAREGIVERS

**WE WILL BE MEETING AGAIN IN PERSON FOLLOWING SOCIAL DISTANCING GUIDELINES WITH A ZOOM OPTION STILL AVAILABLE.**

*For more information please contact:*

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