



UPLIFTING NEWS

Thursday Nights Are For Building Community

4/19/18 - Meriter Hospital, Madison, WI

by [The MindReset](#) on 4/22

Every third Thursday of the month, there is a meeting that takes place at Meriter Hospital in Madison, WI from 6:30 PM to 8:00 PM where those who have been impacted by traumatic brain injury (TBI) come together to seek and give support. A vibrant group full of strong personalities, the members have created a family atmosphere that is very welcoming and empowering. Each member does what they can to help others in the group.

“We are all intelligent in our own ways, and I thank you for the way that you just explained that [how to think about personal struggles and try to work on them] because for me, I would never think about it that way, but your explanation makes perfect sense and I thank you because I now know more about this.”

The group is open to anyone who would like to attend. This month’s meeting was attended by grad students from the UW Occupational Therapy program who led an open discussion about stress and the strategies used to help manage it.



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