



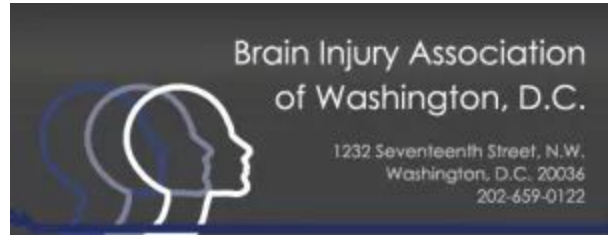
UPLIFTING NEWS

TBI Support Group - DC

6/18/18 - Medstar Washington Hospital Center, Washington DC

by [The MindReset](#) on 7/5/18

For individuals with brain injury in Washington DC, there are regularly scheduled support group meetings, facilitated by the Brain Injury Association of Washington DC (BIAWDC) from 5:30- 7:30 pm ET every third Wednesday of the month.



Cole Schenck, TMR Core Member from Madison, attended this meeting with traumatic brain injury (TBI) survivor, Jing Wu. Cole perceived the meeting to be well-attended and reflected on how this demonstrated to him the importance of building community within this patient population. A group member initiated the meeting by sharing a resource for receiving a free audiobook player and audiobooks from the Maryland Library for the Blind and Physically Handicapped. The application for this service can be found [here](#).

After discussion on this resource, attendees expressed their concerns, including frustrations with specific medications and procedures they were prescribed. One member sought advice from the group about how to remember little things better that seemed to fall through the cracks.

Another group member contributed: ***“One thing that I do to make sure that I remember things is I write everything down. I used to have the same problem, but I work really hard to write down everything so I make sure I can take care of what I need to do.”***

Attendees continuously engaged in conversation and those who asked questions, left with strategies to move forward with. The value of these support groups is clear to those who attend!

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