



COME JOIN US

FAMILY RESOURCE GROUP

LIMERIDGE MALL - FORTINO'S UPSTAIRS
65 MALL RD., HAMILTON

MEETING HELD THE 1ST TUESDAY OF EVERY MONTH
7 TO 9 PM

LEARN TO DEVELOP EFFECTIVE COPING SKILLS

DECREASE YOUR SENSE OF ISOLATION

FREEDOM TO EXPRESS NEGATIVE FEELINGS

ENHANCE YOUR SELF ESTEEM

(RESOLVE.ORG)



HAMILTON BRAIN INJURY ASSOCIATION
INFO@HBIA.CA