

# SPOUSE SUPPORT GROUP

## Spouse Support Group:

Couples approach their wedding day with hopes and dreams of a bright future together. They promise to join their lives “for better or for worse, in sickness and in health.” Most never anticipate that brain injury might intrude on the very foundation of their relationship.

Brain injuries, whose victims are usually males, create cognitive and behavioral problems, which have profound effects upon a marriage. No one can speak more authoritatively on this subject than the spouses of head injury survivors.

A group of such spouses meets together in Hamilton to offer each other support as they struggle to live with the effect that brain injury brings to a marriage is the essential loss of a marriage partner without death.

The HBIA provides an informal, friendly group that shares experiences, offers support and caring as spouses navigate through the challenges of their journey. It is comforting to share experiences with people who are actually living with much the same situations and can fully understand.

*“Brain injury may have stolen your dreams and plans; anger is natural, grief is appropriate, healing is mandatory, restoration and growth is possible”*



## Group Information



**2<sup>nd</sup> Thursday each month  
7 – 9 pm  
Fortino's Community Room  
65 Mall Rd.  
Hamilton, ON**

**To attend please contact:  
spousesupport@hbia.ca  
905 538 5251**

Sessions are informal though facilitated by group leader. There is no charge to attend regular meetings. Funding has been provided by HBIA and private donations. For more information please go to:

**[www.hbia.ca](http://www.hbia.ca)**