



Spouse Support Group

Share, Learn and Support One Another

The Spouse Support Group was created because statistically 90% of marriages break up when a brain injury occurs in a family. It is difficult for the ABI survivor but just as difficult for the spouse.

Generally speaking, the spouse is now living with a "different person." There are many issues spouses find themselves faced with. For instance, they may now have to deal with a change in personality in their partner, aggressive behavior, taking over the finances and running of the household (instead of jointly or the ABI survivor doing it on his/her own), making the spouse feel like they haven't lost all these attributes, and being a caregiver on top of it all.

The spouse support group is a place where the spouse finds other persons who understand as they have "been there" themselves.

It really helps to know that you are not alone, as people don't really understand until you "live in these shoes."

The spouse support group is here as a place to connect with other spouses, share resources and suggestions and defeat the feeling of isolation in dealing with ABI.

When: 2nd Thursday of the month
Time: 7pm - 9pm
Where: Fortino's – Mall Rd
2nd Floor Community Rm
Contact: (905) 538 - 5251
spousesupport@hbia.ca