



**Headway
Essex**

Mid Essex Support Group Meetings 2019

Our aim is to provide advice, information and support for people with acquired brain injury and/or their partners, family and friends.

There is a range of experience and knowledge within the group, which includes people who have personal experience of acquired brain injury, family members and carers.

Guest speakers and interested professionals also attend some of the meetings.

Those who attend often find support from other group members extremely beneficial, and there is always time for people to chat informally.

The meetings take place on the **Third Tuesday morning** of each month from **10.00 until 12.00**. Venue is:

Dates for 2019 Meeting

15th January

19th February

19th March

16th April

21st May

18th June

16th July

NO MEETING IN AUGUST

17th September

15th October

19th November

17th December

There is a charge of £2.50 per person or £5.00 per family.

If you require further information please contact the Community Support Team on 01206 768797 or email communitysupport@headwayessex.org.uk