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## Brain Injury Support and Social Lesiure Groups

If you or someone you love has experienced a brain injury, you may benefit from participating in one of our support groups. These groups meet on a monthly or weekly basis and offer people who live with the effects of a brain injury the chance to: meet and discuss common issues and problems, learn more about living with ABI and to have fun in a positive environment.

**Meetings may be temporarily switched to a virtual platform due to restrictions.**

**Please visit our website to review the new Covid-19 Safety Requirement Policy as some things have changed.**

**\*\*\* No drop-ins allowed, please contact the Association or support group leader to register \*\*\***

### Perth Support Group

Meetings: Last Tuesday of each month

Virtual Meetings (temporarily)  
 7:00 to 9:00pm

\*Indoor meetings now open, contact to join  
 \*This group does not meet July / Aug

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### Perth Social Leisure Group

Meetings: Wednesday of each month

Avondale Church  
 194 Avondale Avenue, Stratford  
 12:30 to 3:00pm

\*Indoor meetings now open, contact to join

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### London Support Group

Meetings: First Tuesday of each month

Ontario Speech & Language Services  
 1828 Blue Heron Dr #13, London  
 6:30 to 8:30pm

\*Indoor meetings now open, contact to join  
 \*This group does not meet July/Aug

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### Virtual Flex Group

Meetings: First Tuesday of each month

Virtual meetings only  
 6:00 to 8:00pm

\*Limited spots - waitlist may be in effect  
 \*Online support for members that are unable to attend meetings indoors.



### West Elgin Support Group

Meetings: Second and fourth Tuesday of each month

Heritage Homes Community Hub  
 146 Munroe Street, West Lorne  
 1:00pm - 3:00pm

\*Indoor meetings now open, contact to join

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### Central Elgin Support Group

Meetings: Second Monday of each month

The Atrium  
 28 Princess Avenue, St. Thomas  
 6:30pm - 8:30pm

\*Indoor meetings now open, contact to join  
 \*This group does not meet July/Aug

Sponsorship Opportunity Available

### Oxford Support Group

Meetings: first Tuesday of each month

Unifor Local 636 hall  
 126 Beale Street, Woodstock  
 6:30pm - 8:30pm

\*Indoor meetings now open, contact to join  
 \*This group does not meet July/Aug

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Bartimaeus  
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 Services Inc.



### Huron Support Group

Meetings: third Monday of each month

Libro Community Hall  
 239 Bill Fleming Drive, Clinton  
 6:00pm - 8:00pm

\*Indoor meetings now open, contact to join  
 \*This group does not meet July/Aug

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