



Brain Injury Lunch and Learn

What: A person-centered group to learn about what a brain injury is, what it means if you have one, and some strategies to help manage your symptoms. Individuals will be given a FREE meal and FREE resources.

When: Every other Friday from noon - 1:00 pm Central. Check with Carly or Mountainbrooke staff for dates.

Where: Mountainbrooke Mental Health Recovery Center, 112 N 3rd St., Grand Forks

Participants will get to select each week's topics, from an evolving list made up of topics such as symptom recognition, why stopping and thinking is important, anger, etc.

For More Information

Carly Endres, Senior Project Coordinator
North Dakota Brain Injury Network
carly.endres@und.edu • (701) 777-8004

