



# BRAIN Talks

**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 FREE resources.

**When:** Every Monday from 12:30-1:30 pm Central (not meeting February 17)

**Where:** Downtown Engagement Center, 222 4th Street North, Fargo

**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

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**NORTH DAKOTA  
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