



QUOTE OF THE MONTH:

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

- Jimmy Dean

COVID-19 INFORMATION

- [Atrium Health: What to know](#)
- [Centers for Disease Control](#)

Click on links to access.

PEER VISIT PHONE CALLS

Please contact Carli Wilson at carlisha.wilson@atriumhealth.org if you are interested in a peer visit phone call.

NEXTSTEPS ONLINE

TSN National's second NextSteps online course begins October 7th. Click [HERE](#) for registration and more information.

BIANC WEBINAR

Join the Brain Injury Association of North Carolina on September 22nd at 12:00 pm. See attached for registration and information.

TRAUMA SURVIVORS NETWORK SEPTEMBER SUPPORT GROUPS

GROUP TOPIC: RESILIENCY

All In-Person TSN Groups are cancelled due to in-person COVID-19 restrictions. Please join our Virtual Support Groups instead! We will send information on how to join these Zoom meetings before each session.

TSN Kids Virtual Support Group

Tuesday, September 8th from 6:30-7:30 pm

TSN Family & Friends Virtual Support Group

Thursday, September 17th from 6:30-8:00 pm

TSN Survivors Virtual Support Group

Tuesday, September 22nd from 6:30-8:00 pm

**Survivors and Family & Friends groups are for adults.*

IT'S SPINAL CORD INJURY AWARENESS MONTH!

Check out [Shriners Hospitals for Children](#) and the [Christopher & Dana Reeve Foundation](#) for more information about opportunities for spinal cord injury advocacy and awareness.

