



FEBRUARY SUPPORT GROUPS

FEBRUARY GROUP TOPIC: RELATIONSHIPS

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

TSN Kids Virtual Support Group

Tuesday, February 9th from 6:30-7:30 pm

TSN Family & Friends Virtual Support Group

Thursday, February 18th from 6:30-8:00 pm

TSN Survivors Virtual Support Group

Tuesday, February 23rd from 6:30-8:00 pm

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

CAN YOU HOLD MY HAND?

Click on the link above to read trauma survivor Kevin Penny's journey built on community, love and support.



Quote of the Month

"Be strong enough to face the world each day. Be weak enough to know you cannot do everything alone." - Unknown

COVID-19 Information

- [Atrium Health: What to Know](#)
- [Centers for Disease Control](#)
- [World Health Organization](#)

COVID-19 Vaccine

- [Frequently Asked Questions](#)

**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.

SPREAD THE LOVE!

Click on the link above to learn how to send Valentine's Day cards to our Atrium Healthcare Heroes!

BRAIN INJURY FAMILY & CAREGIVER SUPPORT

For information on weekly virtual support groups for family members and caregivers of those with a brain injury contact Sally Rickard at Sally.Rickard@atriumhealth.org.