

HAPPY NEW YEAR

JANUARY SUPPORT GROUPS

JANUARY GROUP TOPIC: PERSONAL GROWTH

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, January 12th from 6:30-7:30 pm

TSN Family & Friends Virtual Support Group

Thursday, January 21st from 6:30-8:00 pm

TSN Survivors Virtual Support Group

Tuesday, January 26th from 6:30-8:00 pm

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

GOODBYE 2020. HELLO 2021!

Click on the link above to read up on how to thrive in 2021!

COVID-19 Information

Atrium Health: What to Know
Centers for Disease Control

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.

Quote of the Month

"Sometimes when you're in a dark place you think you've been buried, but you've actually been planted. Be patient. Your time to grow is coming!"

- Christine Caine

SURVIVOR RESOURCES

Check out the [TSN Resource Center](#) page for access to the TSN Handbook for Patients and Families, updated injury and rehabilitation information, survivor stories, community forum and more!

**Click on link to access.*