



Brain Injury
Alliance
ARIZONA

Presents a series for *CAREGIVERS* only!

GOOD GRIEF!

...its the Holidays!

This year has been **EXTRA-ordinary** to say the least. While those who identify with being a caregiver are all too familiar with being flexible, this year's events have pushed many to the limit. We would like to offer our caregivers the chance to reflect on the past few months as we also look ahead to the holiday season. Our special guest Gina Pollard returns to help process and prepare for the proverbial "most wonderful time of the year."



With Gina Pollard,
Certified Grief Recovery
Specialist®, Certified
Trauma Support
Specialist, and Life
Transition Coach.

All Sessions are virtual via ZOOM, from 4-5pm (Arizona time):

Nov 2nd - Finding Bravery in the face of Lost Control, Trust, and Safety

Nov 9th - Mending the Heart from Lost Companionship and Faith

Nov 16th - Building Resilience amid Lost Opportunities

Nov 30th - Celebrating Holidays with Lost Dreams and Expectations

These sessions are for caregivers only. Please attend as you can, you do not need to attend every session to experience the benefits.

REGISTRATION REQUIRED:

Register online biaaz.org/events or call 602-508-8024 extension 106