



NORTH WESTERN ONTARIO AMPUTEE SUPPORT GROUP

What is this support group about?

This support group is a group of people who either live with an amputation or has an amputee in their life, who meet regularly to discuss their experiences and strategies for coping with an amputation. This group is offered by amputee's for amputee's

Research shows that hearing from and sharing with others with similar experiences can be very helpful.

Support Groups can:

- *Show you that you are not alone*
- *Help develop new skills in relation to amputations*
- *Permit you to “open up” and discuss your situations and feelings*
- *Strengthen motivation to stick to a treatment/physio/routine plan*
- *Find encouragement and emotional support*
- *Learn how to access resources in and around ThunderBay*
- *Give and get support from others in this community who are also amputee's*
- *Provide opportunities to discuss or just listen to some of the difficulties living and coping with amputation's*
- *Share experiences, resources and information to educate amputee's and their loved ones.*

1st Amputee Support Group Social is at Inter City Mall food court, 3pm Thursday March 29th, 2018

EVERY 1ST WEDNESDAY EACH MONTH 2pm
Wednesday May 2nd (second meeting)
LOCATION “TBA” at end of each monthly meeting

FOR MORE INFORMATION PLEASE CALL OR TEXT KAY AT (807)-598-1348
OR EMAIL ME Kaleen-Torbiak@outlook.com