# **NEURO VIRTUAL CONNECT**

BRAIN AND SPINAL CORD INJURY COMMUNITY

VIRTUAL CONNECT GROUP Open to survivors, clinicians and community support members

# Special series focusing on: Wellness, Body Image and Sexuality After Injury

## EVERY THURSDAY IN APRIL ON ZOOM - 12PM MST, 2PM EST

### April 7- Wellness After Injury

Learn about a holistic approach to wellness and how it can impact your long term health and wellbeing for the better. LEADERS: Rehab Without Walls - Ane Robinson, DPT and Julie Tapusoa TRS/CTRS

#### April 14 -Body Image and Self Compassion

**Learn the circle of control, self advocacy and how we become what we believe.** LEADERS: Bonnie Larsen, OTR/L and Community Partners

#### April 21- Communication Skills, Relationships and Intimacy

Learn communication strategies to better connect with your partner. LEADERS: Rehab Without Walls - Jessica Patton, MA, CCC-SLP and Jill Corrigan, LISW-CP, LCSW, CRC

April 28-Sexuality, the Forgotten Activity of Daily Living \*This session will be focused for Spinal Cord Injury Survivors, their partners and clinicians Learn the basics of your new body and how you and your partner can continue to have meaningful intimacy.

LEADER: Bonnie Larsen, OTR/L and Community Partners

### Co to zoom.us and use meeting code 927 4726 0228 RSVP is appreciated but not required

To RSVP or for QUESTIONS, please Email: jennifer.litchfield@RehabWithoutWalls.com Neuro Virtual Connect is a RWW Partnership Project

