



Press Release

For Immediate Release
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New Brain Injury Support Group in Mashpee Meets Growing Need on Cape Cod

Every 23 seconds someone sustains a brain injury. Common causes include car crashes, falls, and sports concussions. Brain injuries can also be caused by strokes, tumors, infection, and congenital abnormalities. Regardless of the source, survivors, family members, and caregivers often have unanswered questions and don't know where to turn for help. A support group can provide education, recreation, and an opportunity to exchange ideas and resources for those with shared experiences.

In response to the growing need for support on Cape Cod and the Islands, the Brain Injury Association announced today a new brain injury support group for survivors, caregivers and families. The group, which will serve residents of Cape Cod and the Islands, will meet monthly at the Mashpee Public Library.

"Each of us has our own unique story," says Jeff Garrison, a survivor and therapist, who will lead the group. "Participants will benefit from sharing their personal experiences and receiving helpful support and information from other survivors and family members." Garrison is a master's level therapist who is recovering from a brain injury he sustained in a car crash three years ago.

The first meeting will be held at the Mashpee Public Library on Wednesday, February 16, 10 am - noon. Subsequent meetings will be held the third Wednesday, 10am-12pm.

"Living with a brain injury can be challenging and isolating, especially for those living on Cape Cod and the Islands," says Sandy Topalian, manager of the Brain Injury Association of Massachusetts' Southeastern Regional Office. "This group was started in hope of reaching out to underserved communities. Please come share your stories, talk, listen, learn and make a new friend,"

The Brain Injury Association of Massachusetts (BIA-MA), a non-profit organization, sponsors nearly 30 support groups throughout the state, including more than a half dozen in the Cape Cod area. BIA-MA also has a PALS and an Ambassador Program. For information and resources about brain injury on Cape Cod, call 1-888-607-7678, e-mail biamase@biama.org, or visit www.biama.org.

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