



# Brain Injury and Stroke Newsletter

Volume 3, Issue 10

October 2016

## Survivor Group

NATURAL TREATMENTS FOR DEPRESSION, ANXIETY  
AND COGNITIVE IMPAIRMENTS



**KIM SIEBER, PH.D.**

**Thursday October 20, 7-8 p.m.**

Neuroscience Conference Room

South Office Building (**Building 1**) 9<sup>th</sup> Floor

Intermountain Medical Center

5171 South Cottonwood Street, Murray Utah

## Caregiver Support Group

ONE SIMPLE WAY TO FIGHT DEPRESSION



**Thursday October 20, 7-8 p.m.**

Stinson Conference Room

South Office Building (**Building 1**) 3rd Floor

Intermountain Medical Center

5171 South Cottonwood Street, Murray Utah

**Free Groups offered through  
Intermountain Health Care Neuro  
Therapy Services**

**Brain Injury and Stroke Survivor Group**

3<sup>rd</sup> Thursday of the Month 7-8 p.m.  
Neuroscience Conference Room  
South Office Building  
(**Building 1**) 9th Floor  
Intermountain Medical Center

**Caring For the Caregiver Group**

3<sup>rd</sup> Thursday of the Month 7-8 p.m.  
Stinson Conference Room  
South Office Building  
(**Building 1**) 3rd Floor  
Intermountain Medical Center

**Aphasia Talking Practice Group**

Every Tuesday Noon-1 p.m.  
5770 South 250 East #G50

**Carbon Monoxide Survivor Group**

1<sup>st</sup> Wednesday of the Month  
Noon-1 p.m.  
5770 South 250 East #G50

**Cognitive Skills Group**

Every Thursday  
Noon-1 p.m.  
5770 South 250 East #G50

**Meditation Group**

Every Wednesday at 3 p.m.  
5770 South 250 East  
Cafeteria Conference Room

To join our emails list, please email  
[Kim.kirkham@imail.org](mailto:Kim.kirkham@imail.org) "Subscribe"

**Other Community Groups**

**Aphasia Support Group**

First Wednesday of the Month  
7 p.m.  
Emeritus  
76 South 500 East  
(Parking in the rear of the building.  
Enter from 100 South.)

**University of Utah Brain Injury Support Group**

Sugarhouse Health Center  
Kiera Berggren, SLP  
(801) 581-2221  
1138 E. Wilmington Avenue  
SLC, UT 84106  
Meets 4th Tuesday of the Month at 7 p.m.

**Veterans Affairs OEF / OIF Brain Injury  
Support Group**

Call Dr. Jennifer Romesser with questions  
(801) 582-1565 ex2711  
George E. Wahlen Department of Veterans Affairs  
Medical Center  
500 Foothill Drive  
Salt Lake City, UT 84148  
Meets every other Monday 2-3:30 p.m.

**Brain Injury Alliance Support Group for Adults**

Beth Cardell, (801) 585-5511  
Jennifer, (801) 468-0027  
Community Deaf Center  
5709 South 1500 West  
Salt Lake City, UT 84123  
Meets 2nd Tuesday of the month 6-8 p.m.

**Find Us On Facebook:**

- **Utah Brain Injury Survivor**
- **Caring for the TBI Caregiver**