

# NOVEMBER SUPPORT GROUP LISTS



## Heads Up Group (for those with a traumatic brain injury)

- 🍇 Sunday, November 18
- 🍇 1:00 p.m. to 3:00 at SCIL
- 🍇 Annual group potluck.
- 🍇 Chili and beef stew provided!
- 🍇 Bring your favorite side dish to share.
- 🍇 Please RSVP by Tuesday, November 13<sup>th</sup>.
- 🍇 for more information or to RSVP, contact David SCIL, 217 523-2587 v/tty

## Post-Polio Group

- 🍇 Saturday, November 17
- 🍇 10:00 AM to 12 Noon at SCIL
- 🍇 For more information, contact Pete at SCIL, 217 523-2587 v/tty

## MMC Rehab Grad Support Group

- 🍇 Monday, November 5
- 🍇 4:00 p.m. to 6:00 p.m.
- Support group is at Memorial Medical Center
- 🍇 For more information, call 217 788-3461 or Memorial Rehab Services at 217 788-3300.



**SPRINGFIELD CENTER FOR  
INDEPENDENT LIVING**

330 S. Grand Ave., West  
Springfield, IL 62704

For further information about any support groups, or if Braille, large print, or an interpreter are needed, please contact SCIL at 523-2587 v/tty two weeks in advance