



Peer Support Groups



CLF Virtual Support Groups

Are you interested in attending monthly group meetings via Zoom to talk with other patients and caregivers navigating Persistent Post-Concussion Symptoms (PPCS), also known as Post-Concussion Syndrome, or suspected Chronic Traumatic Encephalopathy (CTE)? CLF offers peer support programs for patients and caregivers looking for connection and community.

The groups aim to provide the following for patients and caregivers:

Connection



Groups are available for patients and caregivers of PPCS and suspected CTE to supplement, but not replace, professional medical and mental health care.

Perspective



Groups are open to members with a wide range of experiences. They will provide space to listen, answer questions, and share what we've learned.

Empathy



No one should have to navigate concussion, PPCS, or CTE alone. CLF's peer support groups offer a community of patients and caregivers for peer-to-peer support.

Click the link below to join a support group

ConcussionFoundation.org/Peer-Support