



# POST-CONCUSSION SUPPORT GROUP MEETINGS

Weekly support groups via Zoom to talk with other patients navigating PCS

## MONDAYS

- 🕒 5-6 pm MT
- 🕒 6-7 pm CT
- 🕒 7-8 pm ET

## FRIDAYS

- 🕒 8-9 am MT
- 🕒 9-10 am CT
- 🕒 10-11 am ET

Scan the QR Code or visit [concussionfoundation.ca/peer-support](https://concussionfoundation.ca/peer-support) to register!

