



## Stroke and Brain Injury Support and Education Group

Meet with stroke and brain injury survivors, caregivers and loved ones.

This group is free and open to the community.

- Receive information and resources
- Reinforce inner strengths
- Learn self-care strategies
- Develop encouraging peer relationships
- Continue a life of meaning and purpose

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The second and fourth Tuesday of every month from 2:30–3:45 p.m.

**Scripps Memorial Hospital Encinitas  
Conference Center**

354 Santa Fe Drive  
Encinitas, CA 92024

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Registration is required. For more information and to RSVP, contact Andrea Schwarb, LCSW, community programs coordinator, at **760-633-6709** or **[schwarb.andrea@scrippshealth.org](mailto:schwarb.andrea@scrippshealth.org)**.

