

# SKILLS TO ENABLE PEOPLE & COMMUNITIES



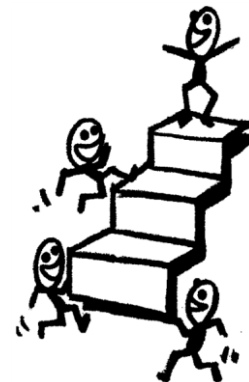
Queensland  
Government

Metro South Health

A **FREE** Program for adults aged 18-65 years with:

- Acquired Brain Injury
- Stroke
- Traumatic Brain Injury

And their families and carers.



Would you like to find out more about how to look after yourself and participate in your community?

Then come along to the **Ipswich STEPS Skills Program**, a 6-week information and skills-based group program.

**WHEN:** Tuesday 18<sup>th</sup> July, then every Tuesday for a total of 6 weeks

**WHERE:** Conference Room, Anglicare West Moreton  
144 Brisbane Rd, Booval

**TIME:** 10 am -12noon

**Anglicare**  
Southern Queensland

**GROUP LEADERS:** Lisa McAllister (Anglicare West Moreton)  
Milissa Mansell (Trained peer leader)

**ENQUIRIES/RSVP:** Tanya Ashton (Acting STEPS Program Coordinator) by 10<sup>th</sup> July

**No cost to participants**

**Morning tea will be provided**

**Family members welcome**

*"I think as time goes on you face a whole lot of different challenges... it was good to talk to other people that had an injury like me... it doesn't make you feel...left out"*  
Stroke survivor, Gayndah, Qld

**An initiative of the Acquired Brain Injury Outreach Service (ABIOS)**

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