

# New Concussion Group!

*Through Children's Hospital Colorado*

## *Concussion Program*

- WHO?
  - Youth 12-18yo who have sustained a concussion or mild head injury and are experiencing stress and other difficulties (e.g., headaches, adjustment problems).
  - Caregivers also participate to learn how to help support their child.
- WHAT?
  - Co-occurring youth and parent groups led by rehabilitation psychologists with expertise in concussion, focused on education, relaxation training, school adjustment, and coping with changes following a concussion.
- WHEN?
  - Groups will be held on Wednesday evenings from 5-6:30pm
  - Group runs for 6 weeks (at the same time every week)
- WHERE?
  - Outpatient Pavilion of Children's Main Campus, 4<sup>th</sup> Floor
- WHY?
  - To improve symptoms and functioning following a concussion.

***For more information, contact Chris Moores at 720-777-5470 and mention interest in the Concussion Group.***