2025

January
8 and 22

Writing Your Story of Recovery

February
12 and 26

Growing Hearts: Finding Connection Post-Injury

March
12 and 26

Navigating the Madness of the Healthcare System

April
9 and 23

Rain or Sun Balancing Your Mental Wellbeing

Register

May
14 and 28

What does it mean to be a Survivor?

June
11 and 25

Pack a Suitcase! Traveling as an Injury Survivor

July
9 and 23

Staying Cool: Identifying & Managing Feelings

August
13 and 27

Fireflies: The Bright Spots in Our Darkest Moments

September
10 and 24

Mums the Word: What do you not share about your experience?

October
8 and 22

Trick or Treat: Role of Nutrition in Pain Management

November
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Changes in Self-Identity

December
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Frosty Looks: Dealing with Public Perception

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