

## Aphasia Support Group

This is a group for individuals with acquired Aphasia to meet and socialize. We focus on functional communication and having fun in a supportive environment. The group spends one meeting a month on a language-based group activity from playing games to making simple crafts, such as decorating holiday cookies.

The second meeting of the month is a theme based potluck where we share a meal together and focus on conversational skills. Spouses or family members are welcome to join in the meetings as well. Please contact Bethany for the date of the next meeting.

**Time:** 1-2 PM, dates vary, but there are 2 meetings a month.

**Place:** Yakima Regional Outpatient Clinic  
111 S. 11th Ave  
Yakima, WA 98902

### Contact

Bethany Davis, MA, CCC-SLP  
509-575-5068 office  
509-833-1983 cell  
brainstormrehab@hotmail.com

## Washington Resources

- **The Brain Injury Alliance**
  - [www.biawa.org](http://www.biawa.org)
- **Spinal Cord Injuries**
  - [www.spinalcord.org](http://www.spinalcord.org)
- **Work Opportunities**
  - [workopportunities.org](http://workopportunities.org)
  - [www.dshs.wa.gov/ra/division-vocational-rehabilitation](http://www.dshs.wa.gov/ra/division-vocational-rehabilitation)
- **Assistive Technology**
  - [watap.org](http://watap.org)
- **Aging and Long Term Care**
  - [www.altc.washington.com](http://www.altc.washington.com)
- **Department of Social and Health Services**
  - [www.dshs.wa.gov](http://www.dshs.wa.gov)
- **Catholic Charities Companion Services**
  - [www.ccyakima.org](http://www.ccyakima.org)
- **Transportation**
  - People for People
    - [www.pfp.org](http://www.pfp.org)
  - Dial-a-Ride
    - [www.yakimatransit.org/dial-a-ride](http://www.yakimatransit.org/dial-a-ride)
- **Adaptive Recreation**
  - [www.abilities.com](http://www.abilities.com)
  - [www.outdoorsforall.org](http://www.outdoorsforall.org)

# Central Washington Support Groups



**Neuro Inspired Community & Events**

[www.centralWANice.com](http://www.centralWANice.com)

## Adaptive Recreation for Community Integration

This group is designed for any and all individuals who have sustained a neurological injury or are living with a neurological condition. The focus of this group is to encourage participation in community based activities that may now need either adaptation or assistance to perform.

This group meets once a month and has done activities including fishing, bowling, BBQ picnic with yard games, movies, live music and target shooting. Friends, family, and caregivers are all welcome to join and participate in these events.

If you would like more information regarding this group or would like to be added to the mailing list, please contact Emily Lowndes at [emily.lowndes@gmail.com](mailto:emily.lowndes@gmail.com) or by phone at 931-308-8189. You can find us on Facebook under "Adaptive Recreation for Community Integration" .



"I am not what has  
happened to me. I am  
what I choose to  
become."  
-- CG Jung

## Brainstorm Rehab Support Group

This group is designed for individuals who have an acquired brain injury or neurologic condition such as M.S. or Parkinson's. We focus on building an active, healthy lifestyle, sharing therapeutic cognitive strategies and providing a supportive community to help individuals and families with disability adjustment.

We meet once a month for a discussion based gathering that includes a healthy potluck meal. The group also has other events throughout the year including art classes at Gallery One in Ellensburg, special seasonal events and participation in the annual BIAWA Benefit Brain Walk and Art Show in Seattle.

If you would like more information regarding the group or to be added to the email list, please contact:

Bethany Davis, MA, CCC-SLP

509-833-1983 cell

[brainstormrehab@hotmail.com](mailto:brainstormrehab@hotmail.com)

Find us on Facebook under "Brainstorm Rehab"



**Brainstorm** REHABILITATION