

Free support group
Stepping out together: A social connection support group for patients and their allies in recovery from Stroke, Traumatic Brain Injury, or Anoxic Brain Injury

- For survivors, family, and caregivers
- Every 1st Thursday of the month 1-2pm
- Location: Sierra Nevada Memorial Hospital Building 4

Group Facilitators: Cassidy Donnelly, DPT

- For more information, please email: cassidy.donnelly@commonspirit.org

2025 to 2026 Schedule

Thursday, November 6, 2025

Thursday, December 4, 2025

No meeting in January

Thursday, February 5, 2026

Thursday, March 5, 2026

Thursday, April 2, 2026

Thursday, May 7, 2026

Thursday, June 4, 2026

Thursday, July 2, 2026