

Join from Home!



All programs are currently offered through Zoom!

ABI Coping Group:

Coping Group | Tuesdays @ 10 AM

Identify coping strategies to support changes and challenges following a brain injury in this weekly group led by a licensed occupational therapist.

Includes guest speakers, group discussions, and focuses on client-centered needs.

Physical Wellness:

Chair Yoga* | Mondays @ 10 AM

Weekly classes tailoring yoga and meditation to the unique needs of the brain injury community. Classes are led by registered yoga teachers with additional training through the Love Your Brain Yoga Program and Mind Body Solutions.

Seated yoga class consisting of mindfulness, guided meditation, breathing strategies and gentle movement

Therapeutic Exercise & Movement (TEAM)* | Tuesdays @ 11 AM

A weekly class targeting flexibility, balance, posture, and muscle endurance in a fun and safe environment. Classes are led by a licensed physical therapist.

Participants in the group must be able to stand and transfer independently, with or without assistive devices. All exercises are adaptable to perform sitting or standing.



Wellness and Community Programs

Communication and Social:

Community Aphasia Group | Thursdays @ 11 AM

The Community Aphasia Group (CAG) is a therapeutic environment for individuals with aphasia or other functional communication deficits to practice and sharpen their communication skills and socialize under the guidance of a speech-language pathologist.

Book Club* | Thursdays @ 11 AM

Topics generally include traumatic brain injury and stroke. The weekly group is led by a licensed Speech-Language Pathologist.

Toastmasters | Wednesdays @ 4 PM

Modeled after the "Toastmasters" public speaking curriculum, which focuses on teaching individuals to core elements of public speaking. Focus on body language, thought organization, reading your audience, etc.

This weekly group is led by a licensed Speech-Language Pathologist and is especially helpful for clients looking to return to work/volunteering/academics.

Community Recreation Around Boston (CRAB)* | Monthly 6-7:30 PM

Community Rehab Care staff organize a monthly recreation group for anyone living with acquired brain injury. Activities include, but are not limited to: Pottery painting, bowling, pizza parties, annual private tour of Fenway Park

CRAB events are open to anyone in the community who is living with acquired brain injury. Activities are often free of charge to group members and primarily funded through grants from the Statewide Head Injury Program obtained by CRC



COMMUNITY REHAB CARE
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*Sponsored by the Statewide Head Injury Program (S.H.I.P.)
Days and times subject to change | A nominal fee is required for S.H.I.P. sponsored programs