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**During COVID19 Shelter-in-Place, we are offering remote services!**

Our doors are closed to on-site services *but* our hearts and services remain open!

Please visit [www.schurigcenter.org](http://www.schurigcenter.org), call 415-461-6771 or email [McKenna@schurigcenter.org](mailto:McKenna@schurigcenter.org) to learn more.

**All Services Offered Remotely Via Zoom or Phone. Scholarship Applications Available.**

**Art & Education Class for Survivors**

Facilitated by an experienced instructor in the field of brain injury rehabilitation. Offered on weekends 1-2x per month for 1.5 hours. Dates to be determined. Email [McKenna@schurigcenter.org](mailto:McKenna@schurigcenter.org) for more information. A reservation is required. Fee: \$15/class.

**Art Therapy – Creating Connections through Art and Community**

Facilitated by Midge Casler, Art Therapist, this class is designed to aid self-expression, increase communication and social interaction, build self-confidence, improve memory, and help with stress management. Offered Thursdays from 11a to 12:30pm. Fee: \$30/class for 10 weeks.

**Caregiver Education & Support Group**

Facilitated by a specialist in the field of brain injury rehabilitation. Offered on the 4<sup>th</sup> Saturday of each month 10:00am to 12:00pm. Support Group is Free with suggested donation of \$10/group. No reservation required. Please call or email [info@schurigcenter.org](mailto:info@schurigcenter.org) to confirm date if new to the group.

**CogEx Computer-based Class (formerly ITCP)**

Provides individuals with computer-based exercises to increase cognitive abilities and accomplish specific goals. Offered Monday through Thursday. Enrollment is 2 classes per week for 1.5 hours. Fee: \$30/class for 10 weeks.

**CogSMART Class (Cognitive System Management and Rehabilitation Therapy)**

Based on the program developed at UC San Diego by Dr. Twamley, this service offers a form of cognitive training to help survivors improve their skills in prospective memory, attention and concentration, problem-solving, and much more. Taught by Kalynn Stewart, licensed speech therapist. Offered Wednesdays from 1pm to 2:30pm. Fee: \$30/class for 10 weeks.

**Concussion Information Website**

Remote presentations offered providing education about Acquired Brain Injury (ABI/TBI/Concussion) and prevention information. Website offering concussion education and information: [www.concussionsmartmarin.org](http://www.concussionsmartmarin.org)

**\*See page 2 for more services offered\***

## **CORE Program**

Serves adults living with an Acquired Brain Injury (ABI/TBI) from a stroke, accident, concussion or other cause. Offers an array of classes to enhance cognitive, social, and behavioral abilities. Remote classes offered for 1-1.5 hours daily Monday through Thursday. Visit [www.schurigcenter.org](http://www.schurigcenter.org) for more information or email [McKenna@schurigcenter.org](mailto:McKenna@schurigcenter.org). Fee: \$30/class.

## **Post-Concussion Education Class**

Offered for adults living with side effects of a concussion. Provides education, resources, and coping strategies. Facilitated by Dr. Jim Wilson, a licensed neuropsychologist. Four monthly sessions on the 2<sup>nd</sup> Wednesday of each month from 6pm to 7:30pm via Zoom. Fee: \$120 total for all four sessions.

## **Resource Referral Service**

Consultation to provide assistance in finding and accessing community resources. Call 415-461-6771 or email [McKenna@schurigcenter.org](mailto:McKenna@schurigcenter.org) for more information. Fee: Free or sliding scale for in-depth assistance.

## **Speech Therapy Group and Individual Sessions**

Aphasia Communication Group to learn and practice successful communication strategies in the supportive setting. Tuesdays from 10am-11am or 1pm-2pm. Fee: \$25/class for 10 weeks.

A pre-screening is required. \*Individual session is also available\* Call 415-461-6771 for more information or email [McKenna @schurigcenter.org](mailto:McKenna@schurigcenter.org).

## **Support Group (For adults living with brain injury)**

Facilitated by Carol Howard-Wooton, MFT in the field of brain injury rehabilitation. Tuesdays from 3:15pm to 4:45pm via Zoom. Fee: \$10/group.