

## Local Resources:

### Amputee Clinic

Northern Light Rehabilitation

84 Kelley Road

Orono, ME 04473

207.973.8998

Please ask your provider if you meet the criteria for a referral.

### Virtual Amputee Peer Group

Second Tuesday of each month

5:30 pm

Learn more and RSVP

Alex Tomaszewski, Amputee Peer Visitor Trainer

207.210.5694, atomaszewski@hanger.com

### Stroke Support Group

Northern Light Eastern Maine Medical Center

Cardiac Rehab Kitchen

489 State St

Bangor, Maine 04401

Enter through Vascular Care door on Level 2 of parking garage

Second Thursday of the month, 4:00-5:00 pm

Angela Wheelden: 207.973.8278 or awheelden@northernlight.org

### Brain Injury Support Group (virtual)

Virtual

First Wednesday of the month, 11 am – 12 pm

Sarah Gaffney: sgaffney@biausa.org or 207.522-6601

[www.biausa.org/find-bia/states/maine/resources-support](http://www.biausa.org/find-bia/states/maine/resources-support)

Maine's first and only Trauma Survivors Network Hospital



9674-1-2024



  
**Northern Light**<sup>SM</sup>  
Eastern Maine Medical Center

trauma survivors  
**network**  
provided by **ATS**  
survive. connect. rebuild.

## The Trauma Survivors Network (TSN)

TSN brings together a community of patients and families like you who are looking to connect with one another and rebuild their lives after a serious injury. Joining this community can help ease the anxiety and frustration often experienced following a sudden injury and the resulting hospitalization.

The American Trauma Society, in partnership with trauma centers around the country, is committed to supporting patients and families through resources that help them manage recovery and improve their lives.

Becoming part of the TSN is easy to do – just visit the TSN Website ([www.traumasurvivorsnetwork.org](http://www.traumasurvivorsnetwork.org)). The Website provides practical information on injuries and how they are treated and connects you with other survivors and families who understand the challenges you are facing. It also provides you with information about additional programs and services which may be available at your hospital.

Some of the benefits of joining the TSN include:

- Connecting with others in similar situations and sharing your experiences
- Discovering how to meet the challenges of everyday life after injury
- Giving hope and inspiration to others
- Learning about injuries from trauma experts

*You are not alone!*

## Resources Include:

### NextSteps Program

The NextSteps program is based on the principles of self-management which recognizes that YOU play the most important role in your recovery.



### Peer Visitation Program

Peer visitation offers patients the opportunity to talk with a trained volunteer who has experienced the aftermath of a serious injury. These trained peer visitors answer your questions and address your concerns from the perspective of someone who's "been there."

### Trauma Survivors Network (TSN) Website

The TSN website provides a place for trauma patients and their loved ones to connect with others and get the information they need to help rebuild their lives. Support and information available through the website may help reduce the anxiety and frustration often experienced after a serious injury.

### Peer Support Groups

Peer support groups are built on the idea that sharing your thoughts, concerns, and hopes for the future with others facing similar challenges may help your own recovery. In fact, when you experience a major event in your life, such as being injured, few things can be more helpful than being around other people who are facing similar challenges. Support groups offer trauma survivors the chance to gain the confidence and support necessary to move forward with their recovery.

For more information about peer support groups, please contact your TSN Coordinator, **Sarah Robinson**, trauma nurse coordinator, [srobinson@northernlight.org](mailto:srobinson@northernlight.org) or **Lindsey Bradley**, trauma nurse coordinator, [lnbradley@northernlight.org](mailto:lnbradley@northernlight.org) with the Trauma Program, or visit [www.traumasurvivorsnetwork.org](http://www.traumasurvivorsnetwork.org)