

Independent Living

From Wikipedia:

As seen by its advocates: independent living is a philosophy, a way of looking at disability and society, and a worldwide movement of people with disabilities who wish to work for self-determination, self-respect and equal opportunities.



Support Group Meetings

We exist so people with disabilities can live as independently as possible. It is not always easy, sometimes it feels like an up hill battle. CSRA Dream Catchers are here to lean on, we are here to help push you through, but most importantly we are here to go through it with you.

We meet the first Monday of each month from 6:00 p.m. – 7:30 p.m. at Vincent Village Clubhouse.



Here are some places to keep up with us!
www.facebook.com/CSRADreamCatchers
www.csradreamcatchers.weebly.com
Twitter: CSRADream
Email: csradreamcatchers@yahoo.com



Traumatic Brain Injury
Spinal Cord Injury

Support Group

Vincent Village Clubhouse
218 W. Five Notch Road, Suite 2
North Augusta, SC 29841
LesPaul Morgan: 803-279-9611

CSRA Dream Catchers Support Group



We are a peer support/systems advocacy group for people with Brain Injuries, Spinal Cord Injuries, and other related injuries, and their families or people who support them.

Meetings are held the first Monday of each month from 6:00 p.m. – 7:30 p.m. at Vincent Village Apartment Clubhouse. This is located beside Hammond Grove Baptist Church.

Les Paul Morgan is our Facilitator and is a Certified Peer Supporter employed with Walton Options Independent Living Center. Contact number: 803-279-9611

Dream Catchers Music “Notes”



Advice from a peer:

“Never allow yourself to give up. Expect the unexpected. There will be good times and bad. Play work and strategy games and puzzles.

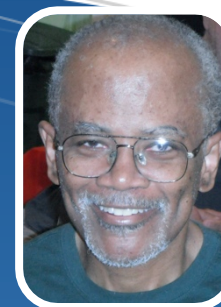
Keep a positive attitude, listen to music and sing along. Watch TV programs that challenge your mind and memory.

Keep things simple and set boundaries. Keep things structured; at times it can be very discouraging and lonely during recovery.

TIME! Brain Injury recovery usually takes a lot of time and energy. I am told that I did a lot of strange things but my family had faith in me and I had support of others.” –LesPaul Morgan

One of the many tools we use in our support group is music. LesPaul, one of the founders of CSRA Dream Catchers and TBI survivor, woke from a coma hearing “Yesterday” by the Beatles. Today he uses small group rehabilitation karaoke to help others improve reading, speech, and social phobias.

Les and Shelley McGee, another Certified Peer Supporter, were presenters at the 2012 Brain Injury Association of SC Annual Conference. Our goal is to have other support groups implement this type of therapy to improve their quality of life while on their journey of independence.



We believe disability does not mean inability. *Our dream is to help you dream.*

Our goals are to increase public awareness, increase knowledge, and to support people with TBI or SCI while supporting families and caregivers.

Special thanks to Josephine Prescott and Cyndy Anzek for helping support and found CSRA Dream Catchers with LesPaul Morgan in 1999.