



 **HOPE, HELP, HEALING.....**

 **WELCOME TO THE FAMILY** 

1640 LELIA DRIVE  
SUITE 100  
JACKSON, MS 39216  
601-981-1021

## ★ **2026** ★ **SUPPORT GROUP ACTIVITIES**

**\*JACKSON MEETINGS HELD ON 2nd MONDAY, MONTHLY @YMCA FLOWOOD....**

690 LIBERTY ROAD  
FLOWOOD, MS 39232

(👤 also a separate *Caregivers*  group)

**\*HATTIESBURG MEETINGS HELD ON 1st TUESDAY, MONTHLY @CROSSPOINT**

**COMMUNITY CHURCH....**

3211 HWY 589  
HATTIESBURG, MS 39402

**\*GULF COAST MEETINGS HELD ON 3rd THURSDAY, MONTHLY @YMCA GULF COAST**

1810 GOVERNMENT STREET  
OCEAN SPRINGS, MS39564

**\*TUPELO MEETINGS HELD ON 3rd MONDAY, MONTHLY @L.I.F.E. OF MISSISSIPPI**

**OFFICE...**

1051 CLIFF GOOKIN  
TUPELO, MS 38801

**\*PICAYUNE MEETINGS HELD ON 3rd THURSDAY, MONTHLY @PICAYUNE SENIOR**

**CENTER....**

45 EL PATCH PARKWAY  
PICAYUNE, MS 39466

### **GOALS of Our Support Group**

1. To GROW and ENCOURAGE one another,
2. CONTRIBUTE by SHARING similar life experiences,
3. SOCIALIZE, EXPRESS YOURSELF and HEAL 



**\*\*ALL MEETINGS ARE IN PERSON AND ON ZOOM (HYBRID)**

See our schedule on the following pages.....

## JANUARY

1st- 🌞 HAPPY NEW YEAR 2026!!! 🎆

6th- 6:00p.m. - *Hattiesburg* Support Group @Crosspoint Community Church

12th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

15th- 1:00p.m. - *Picayune* Support Group @Picayune Senior Center

15th- 6:00p.m. - *Gulf Coast* Support Group @GC YMCA (Ocean Springs)

16th- 11:30 a.m. to 2:30p.m.- 🥳🏌️ *Disc Golf Get Together* @Old Trace Park on the Reservoir

19th- 2:00p.m. - *Tupelo* Support Group @L.I.F.E. of MS office

28th- 12:00p.m to 3:00p.m. - *Art In Mind*- MS Museum of Art

TBA. - support group outings/activities - Disc Golf, Movies, Bowling.....

## FEBRUARY (quarterly birthday celebrations; all groups)

3rd- 6:00p.m. - *Hattiesburg* Support Group @Crosspoint Community Church

9th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

16th- 2:00p.m. - *Tupelo* Support Group @L.I.F.E. of MS office

19th- 1:00p.m. - *Picayune* Support Group @Picayune Senior Center

19th- 6:00p.m. - *Gulf Coast* Support Group @GC YMCA

20th- 11:30 a.m. to 2:30p.m.- 🥳🏌️ *Disc Golf Get Together* (location TBA)

25th- 12:00p.m to 3:00p.m. - *Art In Mind*- MS Museum of Art

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## MARCH

## Brain injury Awareness Month

2nd to 6th- National Brain Injury Conference and Awareness Day In DC

3rd- 6:00p.m. - *Hattiesburg* Support Group @Crosspoint Community Church

4th- 8:00a.m.to Noon - *Day at the Capitol* (meet at Capitol)

8th-  DAYLIGHT SAVINGS TIME begins

9th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

16th- 2:00p.m. - *Tupelo* Support Group @L.I.F.E. of MS office

19th- 1:00p.m. - *Picayune* Support Group @Picayune Senior Center

19th- 6:00p.m. - *Gulf Coast* Support Group @GC YMCA

20th- 11:30 a.m. to 2:30p.m.-  *Disc Golf Get Together* (location TBA)

25th- 12:00p.m to 3:00p.m. - *Art In Mind*- MS Museum of Art

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*end 1st quarter*

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## APRIL

7th- 6:00p.m. - *Hattiesburg* Support Group @Crosspoint Community Church

10th- 7:30a.m. to 5:30p.m. - *NeuroTrauma Symposium 2026* - Rewiring Recovery

13th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

16th- 1:00p.m. - *Picayune* Support Group @Picayune Senior Center

16th- 6:00p.m. - *Gulf Coast* Support Group @GC YMCA

17th- 11:30 a.m. to 2:30p.m.-  *Disc Golf Get Together* (location TBA)

20th- 2:00p.m. - *Tupelo* Support Group @L.I.F.E. of MS office

22nd- 12:00p.m to 3:00p.m. - *Art In Mind*- MS Museum of Art

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## **MAY** (quarterly birthday celebrations; all groups)

5th- 6:00p.m. - **Hattiesburg** Support Group @Crosspoint Community Church

11th- 5:30p.m. - **Jackson** Support Group and **Caregiver** Group @YMCA Flowood

15th- 11:30 a.m. to 2:30p.m.-  **Disc Golf Get Together** (location TBA)

18th- 2:00p.m.- **Tupelo** Support Group @L.I.F.E. of MS office

20th- 12:00p.m to 3:00p.m. - **Art In Mind**- MS Museum of Art

21st- 1:00p.m. - **Picayune** Support Group @Picayune Senior Center

21st- 6:00p.m.- **Gulf Coast** Support Group @GC YMCA

22nd- 11:00 a.m. to 24th- TBA p.m. -  **Camp Kamassa Adventure** 😊

25th- Memorial Day  - office closed

30th -TBA-  **Disc Golf Tournament** @Brighton Park- Clinton,MS

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## **JUNE**

2nd- 6:00p.m. - **Hattiesburg** Support Group@ Crosspoint Community Church

8th- 5:30p.m. - **Jackson** Support Group and **Caregiver** Group @YMCA Flowood

15th- 2:00p.m.- **Tupelo** Support Group @L.I.F.E. of MS office

17th to 18th- **Mississippi Disability MEGA Conference**- Oxford, MS

18th- 1:00p.m. - **Picayune** Support Group @Picayune Senior Center

18th- 6:00p.m. - **Gulf Coast** Support Group @GC YMCA

19th- 11:30 a.m. to 2:30p.m.-  **Disc Golf Get Together** (location TBA)

TBA-  **Roll on Capitol Hill**- Washington, DC

24th- 12:00p.m to 3:00p.m. - **Art In Mind**- MS Museum of Art

27th- 8:30 a.m. - **Dash'N Splash** Race for Brain and Spinal Cord Injury

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**end 2nd quarter**

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## JULY

4th- 🌟 Happy Independence Day! 🇺🇸

7th- 6:00p.m. - *Hattiesburg* Support Group @Crosspoint Community Church

13th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

16th- 1:00p.m. - *Picayune* Support Group @Picayune Senior Center

16th- 6:00p.m. - *Gulf Coast* Support Group @ YMCA

15th- 11:30 a.m. to 2:30p.m.- 🏌️🏆 *Disc Golf Get Together* (location TBA)

20th- 2:00p.m.- *Tupelo* Support Group @L.I.F.E. of MS office

22nd- 12:00p.m. to 3:00p.m. - *Art In Mind*- MS Museum of Art

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## AUGUST (quarterly birthday celebrations; all groups)

4th- 6:00p.m. - *Hattiesburg* Support Group @Crosspoint Community Church

10th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

17th- 2:00p.m. - *Tupelo* Support Group @L.I.F.E. of MS office

20th- 1:00p.m. - *Picayune* Support Group @ Picayune Senior Center

20th- 6:00p.m. - *Gulf Coast* Support Group @ YMCA

21st- 11:30 a.m. to 2:30p.m.- 🏌️🏆 *Disc Golf Get Together* (location TBA)

26th- 12:00p.m to 3:00p.m. - *Art In Mind*- MS Museum of Art

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## SEPTEMBER

Spinal Cord Injury Awareness Month 

1st- 6:00p.m. - *Hattiesburg* Support Group@ Crosspoint Community Church

7th-  LABOR DAY

14th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

17th 1:00p.m. - *Picayune* Support Group@ Picayune Senior Center

17th- 6:00p.m. - *Gulf Coast* Support Group@ YMCA

18th- 11:30 a.m. to 2:30p.m.-  *Disc Golf Get Together* (location TBA)

21st- 2:00p.m. - *Tupelo* Support Group-NOW @LIFE OF MS office

23rd- 12:00p.m to 3:00p.m. - *Art In Mind*- MS Museum of Art

TBA- 8:00a..m to 3:00p.m. -  *Rollin' on the Rez*  - car show@ Shuckers

*end 3rd quarter*

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## OCTOBER

5th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group (first Monday this time)

6th- 6:00p.m. - *Hattiesburg* Support Group @Crosspoint Community Church

12th- 6:00p.m. -  *NogginFeast*   -A Celebration for the Brain@Renaissance

15th- 1:00p.m. - *Picayune* Support Group @Picayune Senior Center

15th- 6:00p.m. - *Gulf Coast* Support Group @YMCA

16th- 11:30 a.m. to 2:30p.m.-  *Disc Golf Get Together* (location TBA)

19th- 2:00p.m. - *Tupelo* Support Group @LIFE of MS office

21st- 12:00p.m to 3:00p.m. - *Art In Mind*- MS Museum of Art

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**NOVEMBER** (quarterly birthday celebrations; all groups)

3rd- 6:00p.m. - *Hattiesburg* Support Group@ Crosspoint Community Church

9th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

11th- 🇺🇸 Veterans Day 🇺🇸

11th- 12:00p.m. to 3:00p.m. -*Art In Mind*- MS Museum of Art

16th- 2:00p.m. - *Tupelo* Support Group @LIFE of MS office

19th 1:00p.m. - *Picayune* Support Group @Picayune Senior Center

19th- 6:00p.m. - *Gulf Coast* Support Group @YMCA

15th- 11:30 a.m. to 2:30p.m.- 🏌️‍♂️ *Disc Golf Get Together* (location TBA)

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**DECEMBER**

\*\*\* 🎉 *Holiday Parties*..... To be announced 🌲

1st- 6:00p.m. - *Hattiesburg* Support Group@ Crosspoint Community Church

9th- 12:00p.m. to 3:00p.m. - *Art In Mind*- MS Museum of Art

14th- 5:30p.m. - *Jackson* Support Group and *Caregiver* Group @YMCA Flowood

17th- 1:00p.m. - *Picayune* Support Group@ Picayune Senior Center

17th- 6:00p.m. - *Gulf Coast* Support Group@ YMCA

18th- 11:30 a.m. to 2:30p.m.- 🏌️‍♂️ *Disc Golf Get Together* (location TBA)

21st- 2:00p.m. - *Tupelo* Support Group@ LIFE of MS office

31st - 🌟 NEW YEAR'S EVE..... 🎆 **2027** coming soon 🎆

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***end 4th quarter***