

The LifeMoves Program

Past Winner of the Victorian Disability Volunteer Award

LifeMoves is for those who have an Acquired Brain Injury or Disorder (ABI or ABD) such as motor vehicle accident, multiple sclerosis, stroke or brain cancer.

Peer Support Works!

LifeMoves is an 8 week structured peer support program for those who might

- ❖ Feel isolated or unsure of themselves
- ❖ Face challenges as a result of their condition
- ❖ Like to meet and share with others who are on the same journey

“I no longer feel alone”

Past LifeMoves Participant

All **LifeMoves** volunteer facilitators are trained, have an ABI or ABD themselves and have completed a program.

For more information contact Lee Kotuhi or Sonia Marcon:

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