

## Linda Coughlin Brooks, RN, BSN, CT

Linda Coughlin Brooks is a registered nurse and thanatologist. Brooks currently works in her own private practice assisting individuals and families adjust to major life transitions and the loss that accompanies them.

She worked in the Denver Metro Area for 38 years as a registered nurse and in clinical medicine, providing care, leadership, education and comfort. Brooks is a published researcher and writer, and currently works as a consultant to the National Epilepsy Foundations. For 13 years, Brooks has conducted various support groups, which include those for the Colorado Neuro Institute, The Rocky Mountain Stroke Center, Parkinson's Foundation and The Compassionate Friends.

Two years ago, Brooks' husband had a stroke, unexpectedly changing both of their lives and giving her firsthand knowledge regarding caregiving. She is also a bereaved mother, experiencing one of the most difficult transitions of an out-of-order death. These experiences guide her practice. Brooks understands the importance of a safe, confidential and nonjudgmental environment.

### Contact Us

To learn more about this support group or sign up to attend, please call 720 560-0940.



## EMOTIONAL SUPPORT GROUP FOR THE CAREGIVER

**Fourth Friday of the Month**  
**10:30 - Noon**  
*February - July 2014*

**HealthSouth Rehabilitation Hospital  
of Denver**

**Presentations by  
Linda Coughlin Brooks, RN, BSN, CT**

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Our lives can dramatically change in an instant. Life as you've known it may never be the same. Join other individuals, families and caregivers who have faced the reality of living with stroke, a debilitating neurological condition or chronic illness. This monthly meeting provides emotional support, addressing the specific needs of caregivers.

#### **Who Can Benefit?**

Caregivers or those who have experienced the following conditions can benefit:

- Acute or chronic diagnosis
- ALS
- Amputation
- Brain injury
- Cancer
- Multiple sclerosis
- Muscular dystrophy
- Neurological conditions
- Parkinson's disease
- Spinal cord injury
- Stroke
- Traumatic injury
- And more

#### **Why Attend This Support Group?**

There are many caregivers in our community who are in need of a support group such as this, who feel alone and isolated. This is an opportunity to

receive the tools, confidence and strength to care for your own specific needs and to be an optimal caregiver.

#### **Meeting Topics**

- Life as I knew it: What changed?
- Living with chronic sorrow
- Self-care
- Ambiguous loss (loss without closure/ understanding)
- Emotional rollercoaster: guilt, regret, anger, joy, gratitude
- How can I keep my loved one my JOY, not my job?

