



## **EMOTIONAL RESILIENCE AND WELL-BEING**

Do you have cognitive difficulties and feel you need to hide your symptoms? Do you feel flawed and unworthy of acceptance and belonging? Shame is a common and incredibly painful experience when living with cognitive difficulties. Join us for a 12-week program to better understand how shame impacts the way we relate to ourselves and others. Learn how to identify shame triggers (surrounding cognitive changes and neurologic conditions) and work toward authenticity and vulnerability to rebuild your sense of worthiness and connection.

### **12-Week Psychoeducation Program**

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**Based on the Shame  
Resilience work of  
Dr. Brene Brown**

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**Living Well with  
Cognitive Difficulties**

Now conducted virtually via  
Zoom

**\*\*Sessions run regularly \*\***

For more information

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**BRIGHAM HEALTH**



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WOMEN'S HOSPITAL**