

Fraser Valley Brain Injury Association E-Newsletter



Matt Wiest
Morning Dew on Clover

September/October 2021

“Best laid plans”, as they say... Now that we are heading into the fall, Public Health Guidelines around COVID-19 have been updated again and so have our plans. Along with some in-person activities, FVBIA will continue to offer several remote programs so you can join us at your own pace.

Some of the in-person groups such as Ladies R&R and Chair Yoga have returned and FVBIA staff are busy planning other activities. Contact your case manager, program facilitators or info@fvbia.org or 604-557-1913 to find out more about what's coming up and what the safety protocols will be.

This issue is filled with news stories and photography, notably some beautiful photos contributed by Judy Craig from her trip to the Greater Vancouver Zoo and from Matt Wiest (featured above). Please keep sending us your art, photography, cartoons, writing and poetry. They are a wonderful addition to the newsletter.

The annual golf tournament is scheduled for Thursday September 23, 2021. It is sold out for the first time ever, but there are still some sponsorship and donation opportunities available. Our second annual 50/50 Jackpot draw is scheduled for Friday September 24, 2021 so get your tickets now. Keep an eye out for information about FVBIA's AGM to be held in November 2021 as well.

Stay safe and well!

Contents

FVBIA Writer's Bullpen.....	4
My Trip to the Zoo	4
FVBIA Fundraising Event	6
Photography.....	7
Brain Injury Housing Needs Survey	8
Cultivating Community	8
FVBIA's Pay It Forward: Health and Wellness Programs	9
Chair Yoga.....	9
"Ladies' R 'n' R"	9
Pay it Forward Health and Wellness Chats	10
Social Media	10
Chuck Jung Associates – Psychological and Counselling Services	11
Young at Arts Summer Program.....	12
June is Brain Injury Awareness Month – Colouring Contest Winners	16
More Support for People Living with Brain Injuries	17
Strategic Partnership Between BCBIA and CGB	19
Advertising Opportunities.....	19
FVBIA 50/50 Jackpot Draw Deadline is Approaching	20
Time to Talk Traumatic Brain Injury Podcasts	20
Faces of Brain Injury	21
Family Focus Groups.....	23
FVBIA Concussion Program	23
Donate to Fraser Valley Brain Injury Association at CanadaHelps.org	24
COVID-19 Resource Information	24
Acquired Brain Injury Info & Resource Package.....	25
Brain Injury Awareness Pins for Sale!	26
Funding for Training Available.....	27
Facebook and PayPal Fundraisers	27
Membership and Donations.....	28
Drop In Centres and Support Groups	28
Fraser Valley Brain Injury Assoc. Membership Form.....	29



CELEBRATING 50 YEARS
"The name that you know and trust"

*Serving the Community and Advocating for
the Brain Injured Victims of Motor Vehicle
Accidents for 50 Years*

The Road to Recovery

B.C.'s Pioneering Law Firm For Motor Vehicle Cases

Your experienced legal team at Simpson, Thomas & Associates will obtain for you the best possible settlement, either through negotiations, mediation or trial. We are experienced in successfully settling cases involving:

- Brain Injury
- Paraplegia
- Quadriplegia
- Spinal Cord Injury



Low legal fees

We offer a reduced legal fee of 20% on brain injury, paraplegia and quadriplegia cases.



We handle all of the expenses

If no settlement, no legal fees or expenses.

Call Anthony Thomas, Steve Yung or Bernie Simpson at 604-689-8888 to set-up a complimentary consultation or visit our website at simpsonthomas.com

Vancouver Office
1301 808 Nelson Street,
Vancouver, BC, V6Z 2H2,
Canada
Phone: (604) 689-8888
Fax: (604) 684-1881

Caring. Compassionate. Community-Focussed.

FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas. In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC. The Bullpen has expanded to include art, photography, cartoons and poetry.

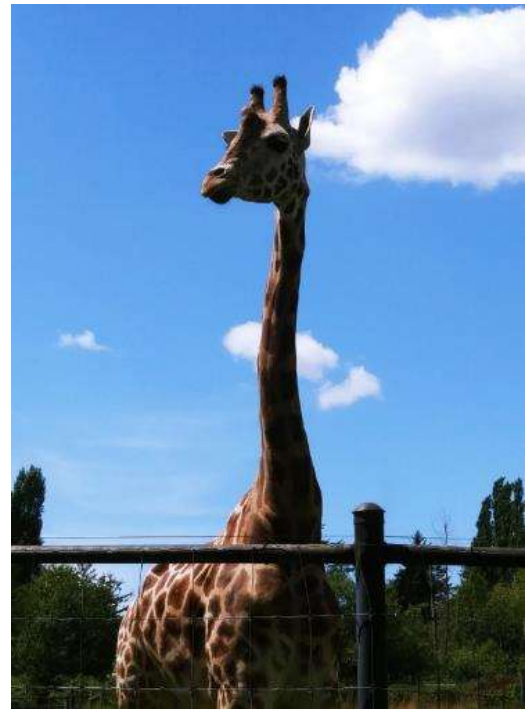
Editor's Note: Thank you to everyone for their contributions! Submissions may be edited for length.

My Trip to the Zoo

by Judy Craig



1. We have the ostrich running away from my camera.
2. The "I'm not impressed" Eagle



3. Santa's reindeer
4. My absolute favorite The giraffe. Nothing wrong with this guy.
5. The fierce Grizzly Bear
6. The rabbit on stilts
7. The beautiful Red Panda. I'm not sure if its dead because it didn't move or if he's saying sarcastically "you paid to see me so here I am".



FVBIA Fundraising Event

If you shop at Meridian or Ralph's Farm Markets, join us in our fundraising event by purchasing gift cards that you can use for your shopping or gifts for friends and family all while supporting Fraser Valley Brain Injury Association. Please contact Fraser Valley Brain Injury Association at info@fvbia.org or 604-557-1913 to order your gift cards!



ABOUT MERIDIAN & RALPH'S

Our family business began 30 years ago with a small butcher shop on Coast Meridian Road in Port Coquitlam (hence the name Meridian!). Fast forward to today, despite having a few more stores, we're still trying our best to replicate the same business we started in 1989.

Meridian is an old-fashion style butcher shop specializing in 100% grass-fed beef, free-run poultry, local pork, sustainable seafood and the latest plant-based protein. Ralph's and our Farm Market locations also include local fresh fruits & vegetables, artisan deli, fresh baked breads and grocery essentials.

Visit us online at:
meridianfarmmarket.ca or ralphsfarmmarket.com

Or, shop online for Butcher Bundles and specialty items like free-range turkeys:
shop.meridianfarmmarket.ca

ABOUT OUR FUNDRAISER

We've developed our Farm Fresh Fundraiser to be as simple (and profitable!) as possible. We're celebrating Meridian's 30th anniversary by giving 30% of the proceeds of all gift cards sold directly to participating organizations.

Meridian and Ralph's gift cards never expire. They're 100% redeemable at any one of our eight (and growing, thanks to you!) convenient Meridian or Ralph's locations throughout Vancouver and the lower mainland.

Learn more, or apply for your Farm Fresh Fundraiser at:
meridianfarmmarket.ca/fundraising



THANK-YOU!

RALPH'S FARM MARKET

MURRAYVILLE • MAPLE RIDGE • MISSION • TSAWASSEN • NORTH VAN • PORT COQUITLAM • LANGLEY • WHITE ROCK

MERIDIAN FARM MARKET LOCATIONS

MERIDIAN MEATS & SEAFOOD LOCATIONS

(604) 466-0508 | fundraising@meridianfarmmarket.ca



Photography
by Matt Wiest

Mount Baker and Farm Fields



Winter Reflections



Brain Injury Housing Needs Survey



A group of families are gathering information on what the needs are in terms of housing for survivors of brain injury. Please take a moment to read the following and to participate in the survey. Thank you.

The information gathered from this questionnaire will be used by the Family Advocates for Brain Injury Survivors to advocate for affordable, safe, and permanent housing with supports for Survivors of Brain Injury in BC.

Please answer as best as you can. There is a comment section at the bottom to add additional information. All responses are anonymous and emails will not be collected. Please click on the link below.

<https://www.brainstreams.ca/hot-topics/brain-injury-housing-needs-survey>

Cultivating Community

Follow the link to see the video [Cultivating Community](#), the story of the Kreiter family and the compounding impact of brain injury on someone who has already been disabled and their family. The result with this family was their desire to create accessible community. Opportunity Landing is an accessible community garden on the Trinity Western University campus in Langley, BC.



FVBIA's Pay It Forward: Health and Wellness Programs

Staying healthy and well during this time of pandemic and seasonal changes can be a challenge. In addition to the realities of living with a brain injury, members and families have shared their experiences with additional challenges such as chronic pain, anxiety and depression. The loss of our "in-person" groups has taken a toll and we continue to explore new and different ways of supporting each other.

Joy's Fall Schedule

Mondays – Mill Lake Walk, 2 meeting places: Bourquin entrance benches at 2 pm, the Mill Lake Road dock at 2:15 pm

Tuesdays – Chair Yoga at Trinity Memorial United Church, 2:00 pm to 3:00 pm

Wednesdays – "Early Goose" Mill Lake Walk, meeting place: The Mill Lake Road dock at 10:00 am

Thursdays – Ladies' R 'n R Group at the Bevan Avenue parking lot picnic shelter #4, 10:00 am to noon

Fridays – Mill Lake Walk, 2 meeting places: Bourquin entrance benches at 2:00 pm, the Mill Lake Road dock at 2:15 pm

For more information or to register for these activities, please contact **Joy** at **604-897-1563**. New ideas for activities and new members of FVBIA are always welcome!

Chair Yoga

Christy is a certified and experienced yoga instructor. Classes will include stretching, strengthening and breathing exercises combined with relaxation techniques and mindfulness.

DAYS: Tuesdays
TIME: 2:00 pm to 3:00 pm
PLACE: Trinity Memorial United Church
33737 George Ferguson Way (at Montrose), Abbotsford, BC

***Please PRE-REGISTER as class size is limited. COVID-19 safety protocols will be in place.
Call Joy at 604-897-1563.

"Ladies' R 'n' R" ("Relax and Revive")

This is your time, ladies - to get together for relaxing and chatting, for new activities, and for gaining some new ideas, insight or information.

Days: Every Thursday, weather permitting
Time: 10 a.m. until noon
Place: Mill Lake Park, Abbotsford
Under the Picnic Shelter by the Bevan Avenue parking lot

*** For more information, please call Joy at 604-897-1563.

Pay it Forward Health and Wellness Chats

The Health and Wellness Group meets over zoom on **Thursdays at 2:00 p.m.** with FVBIA case manager Taryn Reid.

We talk about many different topics relating to health and wellness including but not limited to pacing, pain, nutrition, and self-care.

It's also a place for survivors to be social, in these times with the Covid-19 pandemic, individuals are really limited in what social interactions they are having.

If you are interested in anything health and wellness or just enjoy being social reach out to your case manager to get set up in the group or for further details

For more information or to suggest future topics, contact Taryn Reid at treid@infinityhealth.ca

Funding is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the government of British Columbia.

ICBC & PERSONAL INJURY CLAIMS

CBM
CAMPBELL BURTON
MCMULLAN LLP



Rick McMullan Thomas Murphy Ashley Harrison Murray Ross Paul Seale

- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
- We Cover All Costs Needed to Pursue Your Claim
- We Keep You Fully Informed Throughout Your Case
- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect for You

Langley Office
260-4760 22nd Street
Langley, BC V2Z 1C1
T: 604 533 3821

Maple Ridge Office
22717-119 Avenue
Maple Ridge, BC V2X 8S5
T: 604 467 9937

Abbotsford Office
#264-2655 Clearbrook Road
Abbotsford, BC V2T 2V6
T: 604 852 6685

www.cbmlawyers.com

**"WORKING WITH OUR CLIENTS FOR TODAY
AND THE FUTURE SINCE 1977"**

Social Media

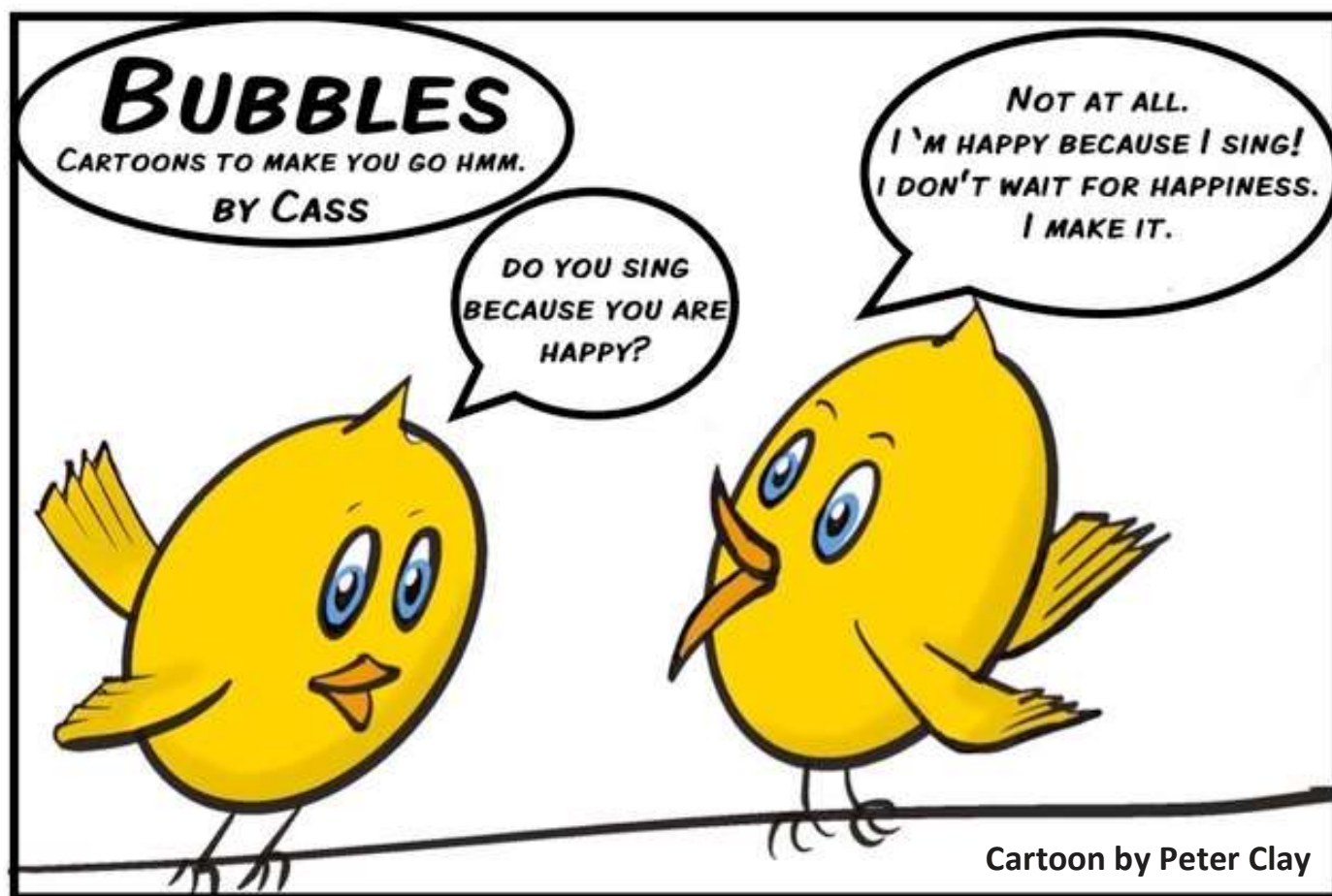
Do you like to stay on top of current research, news articles, inspirational stories/quotes and FVBIA activities?

We are sending out fewer emails, are putting some great articles, and research information out on social media instead.

<https://twitter.com/fvbi>

<https://www.facebook.com/FVBIA?fref=ts>





Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)

1001 – 805 W. Broadway
Vancouver, B.C. V5Z 1K1
Tel: (604) 874-6754
Fax: (604) 874-6424

Surrey:

232 – 7164 120th St. St
Scottsdale Square Bus. Ctr
Surrey, B.C. V3W 3M8
Tel: (604) 874-6754

Abbotsford:

260 – 2655 Clearbrook Rd
Abbotsford, B.C. V2T 2Y6
Tel: (604) 852-7885

Chilliwack:

201 – 45625 Hodgins Ave.
Chilliwack, B.C. V2P 1P2
Tel: (604) 792-7177

Langley:

206 – 20641 Logan Ave.
Langley, B.C. V1M 2G5
Tel: (604)-874-6754

Other locations in Port Coquitlam and Richmond

Website address: www.chuckjung.com

Contact us at one of our locations for more information or to book an appointment.

Young at Arts Summer Program

The Young at Arts Summer program is for children with brain injuries, siblings and children who have a parent with a brain injury. The Young at Arts program includes weekly zoom classes with local artist John LeFlock and zoom sessions with Marta from Tutors on Call that incorporated art and learning about biology. Families were also provided with a “Family Fun Night” package filled with educational games, snacks and a Boston Pizza gift card.

Children were also able to participate in a week-long day camp at the Blue Heron Reserve in Chilliwack, BC. The campers had the best time, as you can see from the following pictures. In the mornings, the kids participated in art classes with John LeFlock. The campers sketched animals found around the reserve and learned how to do spray paint art. They also made paper airplanes and flew them off the tower found at the reserve. The highlight of the art classes was building a boat out of popsicle sticks and having boat races in the water.

The afternoons were spent exploring the reserve for frogs and bugs as well as checking the fish traps for baby Salmon. Salmon was not the only thing they found in the traps! They also found a salamander, tadpoles, pumpkin fish and to the horror of this writer, two huge water bugs that would make Stephen King run screaming into the woods! The kids however thought the bug was wonderful. Once the traps were examined, the campers were able to catch the fish and release them into the water. The oohs and ahhs and the giggles was well worth having to deal with the bugs!!!

Young at Arts is funded through a Smart and Caring Grant from the Abbotsford Community Foundation and we acknowledge the financial support of the Province of BC.





YOUNG AT ARTS - BLUE HERON RESERVE





Fraser Valley Brain Injury Association

Brain Injury Golf Classic

Thursday September 23, 2021

Redwoods Golf Course, Langley, BC



Tournament Package

Sponsorship opportunities are still available!

<https://fvbia-brain-injury-golf-classic-2021.eventbrite.ca>

or contact us at info@fvbia.org

Tournament Partner





Brain Injury Golf Classic

Thank you to our 2021 Sponsors and Donors!

Tournament Partner



BC EARTH EXCHANGE



INDIGENOUS IRON
CONSTRUCTION LP



-30-
Forensic Engineering



SYMMETRY
INJURY REHABILITATION LTD.

Milestone
ENVIRONMENTAL CONTRACTING INC.

Thank you to our donors:



Rendezvous Restaurant

Matt Dorval
Dave & Mary Taylor
Carol & Dave Paetkau



Fraser Valley Brain
Injury Association

201 2890 Garden St. Abbotsford, BC, V2T 4W7
Tel: 604-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbia.org
Funding from Fraser Health Authority Acquired Brain Injury
Brain Injury Alliance and the Province of BC

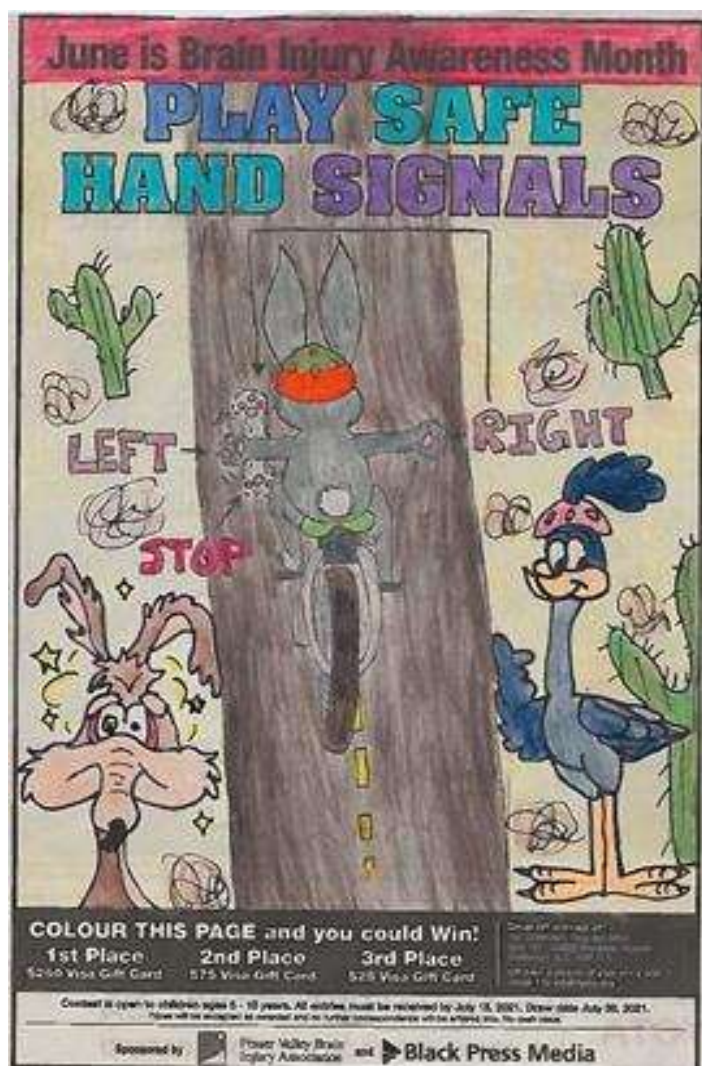
June is Brain Injury Awareness Month – Colouring Contest Winners

FVBIA is usually out in the community promoting brain injury prevention at different local events throughout the summer. Due to COVID-19 restrictions again this year, that wasn't possible, so we spread the word with a Colouring Contest in recognition of Brain Injury Awareness Month instead.

The colouring page (created by local artist Gabrielle Poulin) was sent to all the Newspapers throughout the Fraser Valley, including Hope and the contest was open to all children between the ages of 5 – 11.

We had a great response and several winners were chosen. First place was a \$250 Visa gift Card, second place was a \$75.00 Visa gift card and third place was a \$25.00 Visa gift card. It was so hard to choose from all the wonderful entries! Thank you to all the children that entered and helped spread awareness.

Thank you to our ABI Prevention and Awareness Program sponsors, the Brain Injury Alliance and the Province of BC and to Black Press Media for their support.



1st place Winner – Ashley age 15
Chilliwack Progress



2nd place Winner – Aubrie Age 9
Agassiz Harrison Observer



3rd place Winner – Cohen age 9
Abbotsford News

More Support for People Living with Brain Injuries

Government Press Release July 28, 2021

“British Columbians living with brain injuries will have increased access to vital services as the Government of B.C. provides \$2 million to the Brain Injury Alliance to support community brain-injury associations throughout the province.



“People living with brain injury tell me they have challenges accessing the services they need, and I’m pleased this funding will make it easier for them to get the support they deserve,” said Sheila Malcolmson, Minister of Mental Health and Addictions. “I’m grateful to the Brain Injury Alliance for working to support people with a brain injury and their families.”

The investment will support a wide range of programs run by Brain Injury Alliance members. The alliance, a non-profit organization comprised of 13 community brain-injury societies in B.C., helps more than 4,000 people each year learn how to live with the changes and challenges they face after injury.

Alliance members are community associations that run rehabilitative programs and services (including counselling), individual support (such as life-skills assistance and homelessness prevention) and group services, such as drop-in sessions.

Founded in 2014, the Brain Injury Alliance aims to improve the lives of people living with brain injuries, including those resulting from car accidents and drug overdoses. It advocates for adequate and sustainable funding for brain-injury prevention, education and individual supports provided by community non-profit brain-injury services.

“This funding makes it possible for brain-injury societies to continue providing these essential community services — services which give survivors and their families hope and enable them to regain their lives,” said Dr. John Higenbottam, Brain Injury Alliance president. “Managed at the local level, these societies are able to tailor their services to the specific needs of their communities ensuring programs meet client needs and can respond quickly as demands and circumstances change. Our member societies work in concert with B.C.’s five health authorities and play a vital role in the continuum of care for those who have suffered a brain injury.”

The alliance also administers the Dr. Gur Singh Memorial Education Fund, which is available to people with an acquired brain injury who want to upgrade their education and find employment.

This investment is part of the government’s commitment to delivering the services people count on, particularly improving and strengthening health services for seniors, those with mental health and substance use issues, and other adults who have complex-care needs. Ensuring both short- and long-term services are available at no cost to adults in B.C. who have had their lives altered by an injury to the brain is essential to meeting this government objective.

Quick Facts:

- Traumatic brain injury (TBI) arises from traumatic damage to the brain and head (e.g., vehicle collisions, falls, sports injuries, assaults and electrocution).
- Acquired brain injury (ABI) includes TBI plus non-traumatic causes (e.g., stroke, aneurysm, arterial venous malformation, tumours, anoxic events, surgical mishaps and infections).
- A non-fatal illicit drug toxicity poisoning may result in a type of brain injury known as anoxic brain injury, which occurs when the brain is deprived of oxygen.
- Approximately 180,000 people in B.C. are living with an ABI.
- Post ABI, people are seven times more likely to develop symptoms of mental illness.
- When ABI and TBI are included together, estimates suggest up to one in 25 people in Canada may be living with some level of ongoing disability from a brain injury."

Learn More:

For more information on the Brain Injury Alliance, visit: <http://braininjuryalliance.ca/>

For a full list of the 13 brain-injury societies that will benefit from this funding, visit: <https://www.braininjuryalliance.ca/brain-injury-alliance-members/>

For more information on the Dr. Gur Singh Memorial Education Fund, visit: www.drgursinghgrants.ca




community therapists

Need flexibility?

Community Therapists is HIRING OTs in the FRASER VALLEY

Why Us ?

- Flexibility and Great Pay - earn \$56 - \$67/hour
- Excellent Mentorship
- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 50 OTs in a dynamic interdisciplinary practice

Please visit our website at communitytherapists.com/careers for more information or contact Laura Doig, HR Manager at careers@communitytherapists.com

www.communitytherapists.com
careers@communitytherapists.com • Career Contact: 604.566.8452
Building skills. Empowering people.
Est. 1989

Strategic Partnership Between BCBIA and CGB

The [BC Brain Injury Association \(BCBIA\)](#) and the [CGB Centre for Traumatic Life Losses \(CGB\)](#) are pleased to announce the organizations are aligning in a Strategic Partnership.

This Strategic Partnership is for the purposes of carrying out the operations of BCBIA and CGB in the Province of British Columbia, and to:

- Promote the services for those living with an acquired brain injury
- To promote and encourage public awareness, knowledge, and appreciation of the specific needs of those living with acquired brain injury
- To serve as a collaborative body of current knowledge, research, and prevention strategies for those living with an acquired brain injury
- To promote public awareness and knowledge of mental health, substance use/addiction, and acquired brain injury
- To become leaders in the intersections of mental health, addiction, and brain injury
- To advance research in the field of brain injury and in the intersections of mental health, addiction, and brain injury
- To develop strategic partnerships with all levels of government, organizations, and community stakeholders
- To maintain and promote Brainstreams as a provincial resource
- Due to the similarities of the organizations' purposes, but to acknowledge the differences in mandates, a Strategic Partnership allows for both parties to remain as separate legal entities for the purposes of carrying out the charitable work as outlined in their strategic plans.

The workflow of both organizations will be carried out under the administrative leadership of Janelle Breese Biagioni, CEO and Founder of the CGB Centre for Traumatic Life Losses.



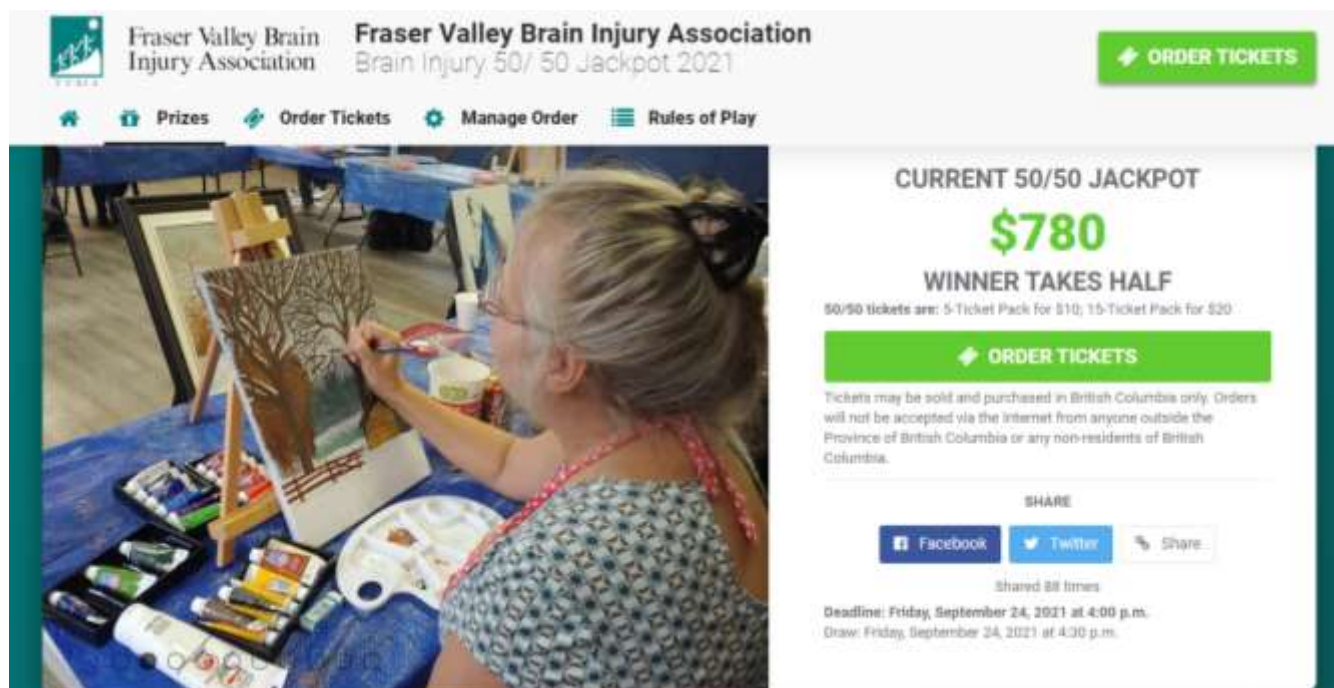
Advertising Opportunities

Thank you to all of our advertisers! FVBIA welcomes submissions and advertising. Please call us at 604-557-1913 or email info@fvbia.org about advertising opportunities.

Business Card Size	\$30.00
¼ Page	\$75.00
½ Page	\$100.00
Full Page	\$200.00

The content of submissions or editorials does not necessarily reflect the views and opinions of the FVBIA. They may be edited for length. Ads in this newsletter are not an endorsement of services provided by the advertisers. This is an E-newsletter. If you prefer to have it mailed to you, please call 604-557-1913 or Toll-Free 1-866-557-1913 or email info@fvbia.org

FVBIA 50/50 Jackpot Draw Deadline is Approaching



Fraser Valley Brain Injury Association
Brain Injury 50/ 50 Jackpot 2021

ORDER TICKETS

Prizes Order Tickets Manage Order Rules of Play

CURRENT 50/50 JACKPOT
\$780
WINNER TAKES HALF

50/50 tickets are: 5-Ticket Pack for \$10; 15-Ticket Pack for \$20

ORDER TICKETS

Tickets may be sold and purchased in British Columbia only. Orders will not be accepted via the internet from anyone outside the Province of British Columbia or any non-residents of British Columbia.

SHARE

Facebook Twitter Share

Shared 88 times

Deadline: Friday, September 24, 2021 at 4:00 p.m.
Draw: Friday, September 24, 2021 at 4:30 p.m.

<https://fraservalleybraininjury.rafflenexus.com/>

Time to Talk Traumatic Brain Injury Podcasts

Hi Listeners,

"Riders, please consider and adopt prevention strategies. We at The Cridge for the Family, Brain Injury Services encourage cyclers to protect themselves from the possibility of a life-altering brain injury. You do not want to put yourself, or your loved ones through this difficult experience. Our goal is 100% herd immunity from brain injury. Wearing a helmet is a positive step towards this goal.

In this podcast, "Saving Mr. Tomato Head " have fun listening to kids talk about wearing helmets and protecting their heads."

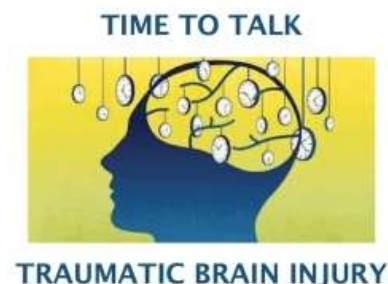
Enjoy and listen to all podcasts here:

- **Time to Talk Traumatic Brain Injury**

<https://timetotalktbi.libsyn.com/website>

Thanks for your support - Greg and the entire podcast team.

Special Podcast Announcement Coming soon about our new YouTube channel - '**Straight from the Survivor's Mouth**'





Faces of Brain Injury

In June, Brainstreams.ca launched the Faces of Brain Injury project. Brainstreams would like to promote individuals throughout the province. "While the journey of rehabilitation can be challenging, the individuals in our posters demonstrate through their photos and quotes, that the essence of who they are remains intact."

If you are interested in being featured in this project, please contact FVBIA at info@fvbia.org or 604-557-1913 and we will pass your contact information to the organizers.

If chosen, you will be sent a release and someone from Brainstreams will contact you to gather information and photos.

Your poster will be on the website and through social media. See Tony Mok's poster on the next page.

<https://www.brainstreams.ca/survivors-stories/the-faces-of-brain-injury/>



Tony Mok

Stroke Survivor



father
husband
volunteer
advocate



“Mental health and brain injuries are largely invisible – don’t judge people until you know what’s going on.”

Family Focus Groups

Our Virtual Family Focus Groups are continuing in the Fall

For more information, contact FVBIA at info@fvbia.org

Thrive

FAMILY AND FRIEND CAREGIVER SUPPORT PROGRAM

Program description

The BC Centre on Substance Use's Family and Friend Caregiver Supports Program, is funded by the Government of BC and managed by the United Way. This program is also supported by Family Caregivers of BC.

The program serves unpaid family and friend caregivers of older adults who use substances or whose health is affected by polypharmacy (use of multiple prescription medications).

 This program provides emotional support, education and hands-on learning, and peer support.

Services and supports provided*

- Monthly support groups online
- Peer support networks
- Access to BCCSU's educational content
- Workshops and training

*Services will be adapted using feedback from caregivers and peers

Program service hubs:

- Vancouver
- Fort St. John

Some programming will also be offered remotely



Get in touch for more info
e: michee.hamilton@bccsu.ubc.ca
p: 236-335-5793

MICHEE HAMILTON, PROJECT COORDINATOR



Healthy Aging
by United Way
At home. In community.



Family Caregivers
of British Columbia



BRITISH COLUMBIA
CENTRE ON
SUBSTANCE USE

FVBIA Concussion Program

This is a short education and support program about concussion for:

- Those who are not eligible for Fraser Health's Concussion Clinic or
- Whose concussion was more than 6 months prior or
- are under 18/over 65

Participants are not eligible to attend other FVBIA programs without meeting proof of brain injury criteria.

Contact FVBIA at 604-557-1913 or info@fvbia.org for more information and criteria details.



For other concussion resources in your community, contact your local Health Authority, physiotherapist, or rehabilitation clinics

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs! Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

"CanadaHelps champions all 86,000 charities across Canada, no matter how big or small. Every registered Canadian charity has a profile on CanadaHelps.org, connecting donors directly to the charity so donors can easily find and donate to them.

More importantly, we offer an array of powerful online fundraising solutions that are easy to use and proven to maximize donations."

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.

<https://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/>
<https://www.canadahelps.org>



COVID-19 Resource Information

If you are struggling financially during the COVID-19 crisis, please click on the following link for FVBIA's COVID-19 Resource Manual for information about subsidies and help with utilities, phone bills etc.

[COVID-19 Resource Information](#)

Acquired Brain Injury Info & Resource Package

The FVBIA Acquired Brain Injury Information and Resource Package contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. Contact info@fvbia.org or check on our website at www.fvbia.org.

Acquired Brain Injury Information and Resource Package

Ninth Edition May 2020



Produced by



Fraser Valley Brain
Injury Association

Brain Injury Awareness Pins for Sale!

Fraser Valley Brain Injury Association's board of directors has created a brain injury awareness pin.

There is no official colour of brain injury in Canada so this striking brain injury awareness lapel pin is a combination of the well-recognized colours in the US.

Blue is the colour of acquired brain injury and green is the colour of traumatic brain injury in the US, so the two have been combined in this small metal pin with a secure backing.

The pin comes secured to a card with a description of brain injury, the significance of the infinity symbol, and FVBIA's contact information.

These pins are available for sale for \$5.00 each with all proceeds go towards programs and services provided by Fraser Valley Brain Injury Association. If other associations are interested in purchasing pins to sell with their own contact information on their cards, please contact us at info@fvbia.org or 604-557-1913.

Thank you to the FVBIA Board of Directors and the Pin Committee, led by Reverend. Dave Price, for the development of the pin.

Thank you to Mountain Image for their generous support of this awareness campaign.



Acquired Brain Injury can be life-changing and permanent.

The infinity symbol on the pin signifies that with the right kind of help, the future for people with acquired brain injuries holds infinite possibilities.

You can be part of that future by donating \$5.00 to support services provided by your local brain injury association.

Please wear your pin proudly and help us spread awareness of acquired brain injury.

Contact Fraser Valley Brain Injury Association at 604-557-1913 or info@fvbia.org to order yours now or for more information.



Funding for Training Available

Funding for Food Safe and First Aid Courses is provided by the generous support of the Brain Injury Alliance, a province wide organization in British Columbia composed of individuals and organizations working together to improve the quality of life for persons living with a brain injury, their families, and their communities.

The Brain Injury Alliance is composed of non-profit brain injury organizations in British Columbia. The Alliance uses its collective philosophy, experience and skills to bring about positive change in British Columbia, and to improve the lives for people living with acquired brain injury in this province. The Alliance also advocates for adequate and sustainable funding for the brain injury prevention, education, and individual supports provided by community non-profit brain injury services.

“Providing basic FoodSafe and First Aid training has enabled persons with acquired brain injuries to volunteer for drop-in programs and fundraising activities, and has also given them valuable skills beneficial for entry into the workforce. We thank the Government of BC and the Brain Injury Alliance, for making all this possible.”- Fraser Valley Brain Injury Association

FVBIA members interested in accessing funding for specific educational or employment related training may be eligible for a grant up to \$2000 through [The Dr. Gur Singh Memorial Education Grants for Individuals](#).

Contact an FVBIA case manager for details or if you are interested in taking Food Safe or First Aid training.

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs.

You have raised **over \$4200** since December 2018.

Fraser Valley Brain Injury Association is registered with the PayPal Giving fund, which partners with Facebook to make charitable donations simple with no deductions or fees.

You can donate here and you will get a tax receipt!

<https://www.paypal.com/ca/fundraiser/hub>

Look for us by name or by typing in the following:

[paypal.com/ca/fundraiser/charity/3434455](https://www.paypal.com/ca/fundraiser/charity/3434455)

PayPal Giving Fund Canada helps people support their favourite charities online and raises funds to benefit charities through PayPal and other technology platforms. Click on the Quick Easy Impactful logo below to check out a short video on how the PayPal Giving Fund works.



Some FVBIA programs and Drop in programs are slowly opening to in person meetings, keeping safety as our primary concern. Contact programs directly for details and safety protocols.

Drop In Centres and Support Groups

Abbotsford/Mission:

Drop-In:

Wed 4:00 – 7:00 p.m. & Fri 1:00 – 3:00 p.m.
103 – 2776 Bourquin Cres. W. Abbotsford
Contact Communitas 604-850-6608

Abbotsford Coffee and Chat:

Contact FVBIA at 604-557-1913

Mission Coffee and Chat:

Contact FVBIA at 604-557-1913

Art and Photo Clubs: Langley, Abbotsford, Chilliwack

Contact Mary McKee 604-897-1452

Chilliwack:

Drop-in:

Tues 10:00 – 1:00 p.m., Thurs 12:00 – 3:00 p.m.
45825 Wellington St. (Presbyterian Church)
Contact 604-792-6266

Chilliwack in the Now Support Group:

Contact 604-557-1913
Toll-free 1-866-557-1913

Langley

Langley Coffee and Chat:

Contact FVBIA at 604-557-1913

Hope

Community Leisure Program

Wed & Fri 1:00 p.m. – 3:30 p.m.
366A Wallace St. Hope, BC
Contact 604-869-7454

Drop In/Leisure Programs and Support Groups funded
in part by Fraser Health ABI Services, Brain Injury
Alliance and ICBC.

Membership and Donations

Are you interesting in supporting Fraser Valley Brain Injury Association's work with people who have acquired brain injuries and their families?

An automatic monthly withdrawal from your credit card is a simple way to do that.

<https://www.fvbيا.org/membership-and-donations/>

Contact us at 604-557-1913 or info@fvbia.org about making a monthly contribution to support FVBIA's services and programs.

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving.

You can also donate here by simply clicking on the **Donate** button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.

Thank you for your support!

Fraser Valley Brain Injury Assoc. Membership Form

Please sign up now! Your membership is vital to our success.

First Name:		Last Name:	
Address:			
City:		Province:	
Postal Code:			
Phone number:		Email:	

Payment

Payment Method (Credit Card):

☐ Visa ☐ MasterCard

\$ _____

TOTAL

(Add membership and donation amount)

Credit Card Number

Expiry Date

Signature

Date

1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

☒ \$10 Individual ☐ \$50 Organization ☐ \$0 Courtesy

(Courtesy membership is available for low income individuals with an acquired brain injury)

2. Please make a donation

I will also support Fraser Valley Brain Injury Association's Programs and Services by donating

☒ \$25 ☐ \$50 ☐ \$75 ☐ \$ _____

3. Please become a sustaining member!

I would like to show my ongoing commitment to the work of FVBIA by becoming a sustaining member and making a monthly pre-authorized donation in the amount of:

☒ \$10 ☐ \$15 ☐ \$25 ☐ \$ _____

Payment Method (Credit Card)

☐ Visa

☐ MasterCard

I authorize deductions for this amount on the

☐ 15th or

☐ last day of each month.

Card #:		Card Expiry (MM/YY):	
Authorization (Signature):		SIGNATURE DATE: (MM/DD/YY)	

4. Please return the form to:

Fraser Valley Brain Injury Association 201-2890 Garden Street, Abbotsford, BC, V2T 4W7, Fax: 604-850-2527 or info@fvbia.org

I understand that I may revoke my authorization at any time. I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this Pre-Authorized Debit (PAD) Agreement. For more information on my recourse rights or on my right to cancel a PAD Agreement, I may contact my financial institution or visit www.cdnpay.ca. I agree to waive my right to receive pre-notification of any debits under this agreement. I acknowledge that I can request changes to the amount noted above by contacting Fraser Valley Brain Injury Association at 604-557-1913, 1-866-557-1913 or info@fvbia.org.

Fraser Valley Brain Injury Association is a federally registered charity BN # 87202 RR0001. As such FVBIA must collect some personal information in order to issue charitable tax receipts. This information includes name, address, email and phone number. FVBIA will use this information to contact you for further donations to support our programs, renew your membership, and send you newsletters and updates about upcoming events. All contributions will receive a tax receipt at the end of the calendar year. Submission of this form constitutes your consent of the collection and use of your information for the purposes listed above. You may withdraw or change your consent by contacting info@fvbia.org. All information will remain confidential.