

# Acquired Brain Injury Information and Resource Package

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Fraser Valley Brain  
Injury Association



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## Introduction

People with brain injuries and their families work with health service providers and community service organizations to identify and learn to use various strategies to help address any of the difficulties that they may be having. This information package is designed to assist with the search for resources and services available in your community.

While this package is updated periodically by FVBIA to reflect changes in community resources, websites and telephone numbers, please be advised that numbers and resources can change without notice.

Thank you to our advertisers. This resource would not be possible without your support.

This package may not be complete. If any additional resources could be included or you require services that are not listed here, please contact the FVBIA at 604-557-1913 or Toll-free 1-866-557-1913.

Contact Enquiry BC toll-free at 1-800-663-7867, 2-1-1 <http://www.bc211.ca/>, 4-1-1 <https://411.ca> or <http://redbookonline.bc211.ca> for other resources and information.

***Please note: Inclusion in this Information and Resource Manual does not imply an endorsement by the Fraser Valley Brain Injury Association nor does it guarantee eligibility for services.***

***Each organization has its own criteria for providing services.***

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## What is an Acquired Brain Injury?

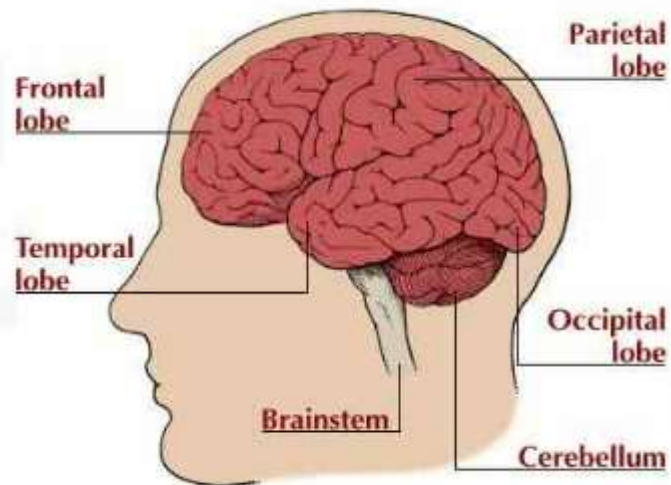
The World Health Organization defines an acquired brain injury as:

'Damage to the brain, which occurs after birth and is not related to a congenital or a degenerative disease. These impairments may be temporary or permanent and cause partial or functional disability or psychosocial maladjustment.'

*World Health Organization (Geneva 1996)*

These are some examples of things that can cause acquired brain injuries:

- **Traumatic forces to the head which cause damage to the brain**
  - Car crashes
  - Gunshot wounds to the head
  - Objects falling on the head
  - Falls
  - Assaults
- **Stroke**
  - Blood flow to the brain blocked by a blood clot or a blood vessel bursting in the brain.
  - Embolism
  - Thrombosis
  - Aneurysm
- **Bleeding in the brain**
  - Intracranial surgery
  - Hemorrhage
  - Hematoma
- **Lack of oxygen to the brain**
  - Anoxia/hypoxia
  - Near-drowning
  - Cardiac arrest
  - Drug overdose
- **Infections in the brain**
- **Toxic exposure**
  - Carbon monoxide poisoning
  - Inhaling toxic chemicals
  - Solvent sniffing
  - Excessive and prolonged use of drugs and/or alcohol
- **Fluid build-up in the brain**
- **Brain tumours**





## Understanding Changes after Acquired Brain Injury

Acquired brain injuries can result in changes to how a person functions in the following ways:

- **Physical Changes**

- Problems with walking, sitting, transfers, bathing, household tasks
- Slurred speech
- Chronic pain including headaches
- Fatigue and sleep difficulties

- **Cognitive Changes**

- Taking more time to make sense of information
- Problems with planning, organizing or starting tasks
- Problems with vision
- Problems understanding conversations, coming up with the right word, talking in grammatically complete sentences
- Lack of focus
- Poor memory
- Difficulty with judgement and decision making
- Perseveration – getting ‘stuck’ on a topic, idea or activity
- Confusion – may not know the date, year, time of day, where you are
- Impulsivity – act before you think
- Disinhibition – no “social filter” to tell you when you shouldn’t do or say something

- **Emotional Changes**

- Irritability – “short fuse”
- Mood disorders like depression, anxiety, anger management problems
- Emotional lability – crying for no apparent reason
- Emotional or behavioural outbursts
- “Normal” emotional responses to the incredibly devastating impact of the brain injury
- Sadness, anger, frustration, loss of sense of self, anxiety about having another stroke or injury

- **Social Changes**

- Awkwardness or inappropriate behaviour because of difficulty reading social cues
- Isolating yourself because you feel different and therefore leading to being treated differently
- Trouble with social and work relationships because of awkwardness and poor coping skills
- Family breakdowns
- Loss of privacy, independence, future plans, income
- Change in roles – i.e.: was a caregiver, now has to receive care from others





## Understanding the Brain

### Here is a simplified analogy of how the brain works:

"I find it helps to understand how the brain works if you think of the brain as a company. The company runs at peak efficiency when all the parts are working. Up at the front of the company (frontal temporal lobes) are the vice presidents, and there are several vice presidents. They make the plans for the company; they decide who is going to do what and when. As things get under way, they get feedback or information as to how well things are going and they judge it - that looks good or not so good; and they make further decisions – change that, keep this; and show appreciation or annoyance. So, up at the front you have planning, organization, decision-making, judgment and appreciation.

In the middle (parietal association cortex) are the managers and each manager runs his own department. On the left side of the brain is a speech department (move the tongue and lips and throat muscles), a language department (find the words that you want, know what the words mean) and a motor department (move the right arm and right leg). On the right side is another motor department (move the left arm and left leg), and a spatial reasoning department (find your way around a building, know where you are when driving a car, down to the basic getting your arm through a sleeve). Also over there is a music department and a few incidentals. The right side is the picture side and the left side is the talking side.



Now the managers, they know what the plan is from the vice presidents, and they make sure it gets carried out. In order to do this, they communicate frequently with each other; they send messages back and forth.

At the bottom, (limbic region, amygdala, basal ganglia) are the workers. They don't know what the plan is from the vice presidents, but they know their job and they do the same job day in and day out. Things like appetite control, need for water, staying alert and awake or going to sleep, and basic emotions – turn on the

tears, make the face red, and increase the pulse rate.

Basically, in a brain injury, someone gets fired. It can be a vice president, a manager or a worker, depending on the injury. You can also have someone going on a leave of absence; that occurs when there is a temporary swelling or loss of blood supply that is returned in a short time. The result of the injury is to reduce the efficiency of the company. Messages are sent but are not picked up. The vice presidents get annoyed, the managers get fatigued, and the emotional workers get overwrought. Confusion reigns. A primary purpose of rehabilitation is to find out who got fired and who is still on the job, so messages can be re-routed and the company can become more and more efficient again."

Verna Amell, Ph.D.  
Psychologist

<http://www.vch.ca/Documents/Brain-as-Company.pdf>

\*Reprinted with permission of the BC Rehab Society- now known as the Vancouver Hospital and Health Sciences Centre

[www.fvbia.org](http://www.fvbia.org)

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## What is a Stroke?

A stroke happens when blood stops flowing to any part of your brain, causing damage to your brain cells. The effect of a stroke varies, often depending on the part of the brain that was damaged and the amount of damage done.

There are three kinds of strokes:

1. Ischemic Stroke: caused by a blockage or clot in a blood vessel in your brain
2. Hemorrhagic Stroke: caused when an artery in the brain breaks open
3. Transient Ischemic Attack (TIA) or "Mini Stroke": caused by a small clot that briefly blocks an artery

There are multiple signs of a stroke, but they are the same for men and women. Signs of a stroke include:

- Drooping facial; features- like an uneven smile
- Inability to move both arms
- Slurred or jumbled speech, inability to find words
- Vision changes- usually blurred or double vision
- Sudden and severe headache- accompanied by other stroke signs
- Numbness- usually on one side of the body
- Problems with balance

These are not all of the symptoms. It is important to call 9-1-1 immediately if you or someone you know may be experiencing a stroke.



To learn more about strokes, evaluate your risk, or learn about what happens after a stroke, please visit: [www.heartandstroke.ca](http://www.heartandstroke.ca), [Brain Injury Canada](http://Brain Injury Canada), or [After Stroke BC](http://After Stroke BC).





### Fraser Valley Brain Injury Association

**Mission Statement:** *Fraser Valley Brain Injury Association promotes holistic awareness, prevention and wellness for people with acquired brain injury, their supporters and the community.*

The Fraser Valley Brain Injury Association (FVBIA) started in 1991 as a support group for individuals who had an acquired brain injury and their families in the Chilliwack area and later in Abbotsford, BC. John Simpson, a renowned case manager in the field of brain injury, facilitated the groups. The members of these groups formed FVBIA in 1997.

The purpose of FVBIA is to provide support, assistance and information to people who have an acquired brain injury, their families and other caregivers. Conservatively, we know that approximately 22,000 people in BC sustain an acquired brain injury each year from car crashes, falls, assaults, blows from blunt objects, sports related injuries, anoxia, brain tumours, stroke, aneurysm, infections, diseases, metabolic causes such as anorexia and diabetes as well as people who have drug/alcohol interactions, toxins or brain surgery.

FVBIA is involved in coordinating the development of appropriate services, opportunities, rehabilitation and training for people with acquired brain injury and is actively involved in promoting the prevention of brain injury through promotion of correct use of bicycle helmets. We are also active in advancing public awareness, knowledge and appreciation of the specific needs of people with brain injury and their families. We provide free in-services about brain injury and resources to agencies, schools, students, families, local hospitals and service providers. We believe prevention to be the greatest cure. Please contact our office for information on services pertaining to prevention, education and safety.

In addition, FVBIA provides case management services for adults and children. Support groups for survivors and families are also offered throughout the Fraser Valley. We also offer a variety of health and wellness supports and groups.

FVBIA has contracted the operation of drop-in programs in Chilliwack and Abbotsford for people with an acquired brain injury with Communitas Supportive Care Society.

Please contact us for information as services and programs do change over time.

**Fraser Valley Brain Injury Association (FVBIA)**  
201 – 2890 Garden Street  
Abbotsford, BC V2T 4W7  
Email: [info@fvbia.org](mailto:info@fvbia.org)

**Phone: 604-557-1913**  
**Toll-free: 1-866-557-1913**  
**Fax: 604-850-2527**  
**Website: [www.fvbia.org](http://www.fvbia.org)**



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<https://www.instagram.com/fraservalleybrain/>

FVBIA is funded in part by Fraser Health’s Acquired Brain Injury Program, the Province of BC, Brain Injury Alliance, as well as through donations, memberships, grants and various fundraising events.  
FVBIA is a Registered Charity.

[www.fvbia.org](http://www.fvbia.org)





## Fraser Valley Brain Injury Association Programs

FVBIA offers support to children, youth and adults with acquired brain injuries, their families and supporters through a variety of different programs.

Please call Fraser Valley Brain Injury Association for more information on case management services, social and leisure programs, skill development, children's summer camps, prevention activities and other resources that are presently available.

FVBIA holds workshops and events throughout the year. Current programs and upcoming events are listed in FVBIA's E-News Newsletter that can be found on our website <https://www.fvbia.org/newsletters>. Newsletters are emailed out every two months.

To subscribe to the newsletter, please contact FVBIA at [info@fvbia.org](mailto:info@fvbia.org) or subscribe online at <http://fvbia.us6.list-manage.com/subscribe?u=f3ced8a134&id=f274cbb6a1>

### Drop In/Leisure Programs

Drop In/Leisure Programs are available in Abbotsford, Chilliwack and Hope, BC. These programs offer a social place for people with acquired brain injuries (ABI) and their families to provide mutual support and education.

Abbotsford: Call 604-557-1913 or toll-free 1-866-557-1913 for more information or check the FVBIA website [www.fvbia.org](http://www.fvbia.org) for the latest edition of the FVBIA newsletter for details.

Chilliwack Drop-In: Call 604-557-1913 or toll-free 1-866-557-1913 for more information or check the FVBIA website [www.fvbia.org](http://www.fvbia.org) for the latest edition of the FVBIA newsletter for details.

Hope Leisure Program: Call 604-557-1913 or toll-free 1-866-557-1913 for more information or check the FVBIA website [www.fvbia.org](http://www.fvbia.org) for the latest edition of the FVBIA newsletter for details.

For details on other drop-in and leisure program times and locations in the Lower Mainland, please contact the FVBIA office at 604-557-1913 or toll-free at 1-866-557-1913.

### Case Management Services

Effective Case Management is the cornerstone to recovery after acquired brain injury. FVBIA offers skilled Case Management to identify areas of need and help navigate the complex path back into the community.

### Education/Networking Groups

Education/Networking groups are offered in Langley, Abbotsford and Chilliwack. The groups focus on sharing, developing skill and learning to function as well as possible with the cognitive and emotional challenges of acquired brain injury.





## Fraser Valley Brain Injury Association Program Overview

### Support Groups

Fraser Valley Brain Injury offers a variety of support groups throughout the Valley for people with brain injuries and family members.



#### Children’s Activities

Fraser Valley Brain Injury offers Young at Arts Summer Camp(s) for children affected by ABI. Children who have an acquired brain injury, siblings and children who have a parent(s) with ABI join together in fun-filled activities focussed on art and nature.

#### ABI Education & Prevention

Why is it so important to wear a helmet? Why are concussions such a big deal? FVBIA provides answers to these questions by providing education about bike/safety and helmets in the community.

### Creative Art & Photography Groups

Previously undiscovered talents are brought out in FVBIA’s various art and photography groups throughout the Fraser Valley. Not only do these groups produce amazingly talented artists and photographers, they help define a sense of purpose after life changing injuries.

“Tiger Raspberry” courtesy of Dave Hildebrand 2013



### Pay it Forward (PIF): Health and Wellness for ABI

A healthy lifestyle is essential for promoting brain health and physical/emotional recovery after acquired brain injury. FVBIA focuses on a holistic approach to health and recovery, emphasizing psychological, social, physical and mental wellness and empowers participants to offer their skills to others. FVBIA offers a variety of group and individual programs based on participant physiological, cognitive, social and emotional needs as well as their interests (such as nutrition/community kitchen, physiotherapy, recreation therapy, arts and photography, yoga, fitness centres, pets, etc.). Professionals in these areas are brought in to present to the groups and people with ABI are also invited to share their skills and interests with other participants.

### Corrections Liaison Program

FVBIA provides brain injury education and support to inmates with ABI and staff of Federal and Provincial institutions.

**For other brain injury organizations and resources in British Columbia, please check the Brain Injury Alliance website [www.braininjuryalliance.ca](http://www.braininjuryalliance.ca) or the BC Brain Injury Association website [www.brainstreams.ca](http://www.brainstreams.ca).**



## Alcohol, Smoking, Addictions and Drug Treatment

Abbotsford Addictions Centre <a href="https://archway.ca/programs/#addiction">https://archway.ca/programs/#addiction</a>	604-850-5106
Aboriginal Mental Health Liaisons <a href="https://www.fraserhealth.ca/health-topics-a-to-z/aboriginal-health">https://www.fraserhealth.ca/health-topics-a-to-z/aboriginal-health</a> and <a href="https://www.fraserhealth.ca/Service-Directory/Services/Population-Based-Services/aboriginal-health">https://www.fraserhealth.ca/Service-Directory/Services/Population-Based-Services/aboriginal-health</a> and <a href="https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---community-services/aboriginal-mental-health-liaisons">https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---community-services/aboriginal-mental-health-liaisons</a>	Toll-free 1-866-766-6960
Agassiz –Harrison Community Services, Substance Use Serv. <a href="http://agassiz-harrisoncs.ca/">http://agassiz-harrisoncs.ca/</a>	604-796-2585
Alcoholics Anonymous Meetings Abbotsford: <a href="http://abbotsfordaa.org/index.php/meetings/">http://abbotsfordaa.org/index.php/meetings/</a> Chilliwack: Langley: Mission: Vancouver: <a href="http://www.vancouveraa.ca/">http://www.vancouveraa.ca/</a> Canada or US locations <a href="http://www.aa.org/pages/en_US/find-local-aa">http://www.aa.org/pages/en_US/find-local-aa</a>	24 Hr hotline: 604-615-2911 604-819-2644 604-533-2600 24 Hr Hotline: 604-864-1552 604-434-3933 24 Hr Phone: 604-615-2911
Al-Anon Family Groups and Alateen Meetings <a href="https://al-anon.org/al-anon-meetings/">https://al-anon.org/al-anon-meetings/</a>	604-688-1716
Alcohol and Drug Information and Referral Line BC Wide <a href="https://www.heretohelp.bc.ca/visions-alcohol-vol2/calling-alcohol-and-drug-helpline-can-provide-impetus-change">https://www.heretohelp.bc.ca/visions-alcohol-vol2/calling-alcohol-and-drug-helpline-can-provide-impetus-change</a> <i>We're here to help you find quality information, learn new skills, and connect with key resources in BC.</i>	Toll-free 1-800-663-1441
BC Smoking Cessation Program <a href="https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program">https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program</a>	Toll-free 1-866-683-6819 811
Chilliwack Addiction and Prevention Services <a href="https://pcrs.ca/our-programs/chilliwack-substance-use-and-prevention-services-caps/">https://pcrs.ca/our-programs/chilliwack-substance-use-and-prevention-services-caps/</a> <i>CAPS provides effective and coordinated alcohol and drug prevention and treatment services for adults, youth, and families living in Chilliwack</i>	604-795-5994



First Nations Health Authority <a href="https://www.fnha.ca/">https://www.fnha.ca/</a>	Toll-free 1-855-550-5454
Fraser Health Community Substance Use Clinics <a href="https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use">https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use</a>	
Fraser House Society (Mission, BC) <a href="http://fraserhouse.org/">http://fraserhouse.org/</a>	604-826-6810
Hope and Area Transition Society, Addiction Services <a href="https://hopetransition.org/">https://hopetransition.org/</a>	604-869-5111
Kelty Mental Health <a href="https://kelymentalhealth.ca/substance-use">https://kelymentalhealth.ca/substance-use</a> <i>Links children, youth and families with appropriate mental health and addictions resources as well as eating disorders, all services are free.</i>	Toll-free 1-800-665-1822
Langley Community Services, Substance Use Services <a href="https://www.lcss.ca/programs-and-services/substance-use-services/">https://www.lcss.ca/programs-and-services/substance-use-services/</a>	604-534-7230 (intake worker ext. 1108)
Mission Friendship Centre Society, Drug Rehabilitation <a href="https://missionfriendshipcentresociety.com/">https://missionfriendshipcentresociety.com/</a>	604-826-1281
Narcotics Anonymous, Lower Mainland: <a href="#">Nar-Anon</a>	604-873-1018
SMART recovery <a href="http://www.smartrecovery.org">www.smartrecovery.org</a> <i>Mutual support meetings are free and open to anyone seeking science-based, self-empowered addiction recovery.</i>	
QuitNOW Smoking Cessation <a href="http://www.quitnow.ca">www.quitnow.ca</a>	Toll-free 1-877-455-2233
<b>Vancouver-Specific Resources:</b>	
Vancouver Coastal Health –Mental Health and Substance Use Services <a href="http://www.vch.ca/your-care/mental-health-substance-use/substance-use-services">http://www.vch.ca/your-care/mental-health-substance-use/substance-use-services</a>	Toll-free 1-866-658-1221
Insite - Supervised Injection Site <a href="http://www.vch.ca/locations-services/result?res_id=964">http://www.vch.ca/locations-services/result?res_id=964</a>	604-687-7483
Onsite – Detox Facility <a href="http://www.vch.ca/Locations-Services/result?res_id=1397">http://www.vch.ca/Locations-Services/result?res_id=1397</a>	604-803-3507



Prism (LGBT2Q+) services <a href="http://www.vch.ca/Locations-Services/result?res_id=184">http://www.vch.ca/Locations-Services/result?res_id=184</a>	604-331-8900
Vancouver Access Central <a href="http://www.vch.ca/Locations-Services/result?res_id=1188">http://www.vch.ca/Locations-Services/result?res_id=1188</a> <i>Detox and addiction housing</i>	Toll-free 1-866-658-1221
Vancouver Crisis Centre <a href="https://crisiscentre.bc.ca/contact-us/">https://crisiscentre.bc.ca/contact-us/</a> <b><i>If you are in crisis and/or distress and require immediate response.</i></b>	Toll-free 1-866-661-3311
Vancouver Coastal Health- Access & Assessment Centre <a href="http://www.vch.ca/your-care/mental-health-substance-use/vancouver-access-assessment-centre">http://www.vch.ca/your-care/mental-health-substance-use/vancouver-access-assessment-centre</a>	604-675-3700

bc211.ca

GET THE **HELP** YOU NEED **24/7**  
**CALL / TEXT 211**



[www.fvbia.org](http://www.fvbia.org)

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201 – 2890 Garden St. Abbotsford, BC, V2T 4W7 Ph.: 604-557-1913 T.F.: 1-866-557-1913 Fax: 604-850-2527 [info@fvbia.org](mailto:info@fvbia.org)  
Funded in part by the Province of BC, Brain Injury Alliance & Fraser Health Authority Acquired Brain Injury Services



Know your limit, play within it.





## Brain Injury Associations in British Columbia

**BrainTrust Canada** [www.braintrustcanada.com](http://www.braintrustcanada.com) Toll-free 1-800-762-3233  
*BrainTrust Canada is a progressive non-profit association that has provided community rehabilitation to persons with brain injury in the Okanagan since 1986. The association provides individualized community support and rehabilitation to maximize independence after brain injury.*

**Bulkley Valley Brain Injury Association** [www.bvbia.ca](http://www.bvbia.ca) 250-877-7723  
*The Bulkley Valley Brain Injury Association serves Hazelton, Houston and Smithers. They strive to ensure that services and support are provided in a respectful and timely manner to people affected by brain injury.*

**Campbell River Head Injury Support Society** [www.crhead.ca](http://www.crhead.ca) 250-287-4323  
*Campbell River Head Injury Support Society provides education, support, advocacy and fellowship to brain injury survivors, their caregivers, families and education to the public about brain injury.*

**Comox Valley Head Injury Society** [www.cvhis.org](http://www.cvhis.org) 250-334-9225  
*The Comox Valley Head Injury Society (CVHIS) is a non-profit organization providing programs and support services to brain injury survivors, their families and caregivers in the Comox Valley.*

**Cowichan Brain Injury Society** <https://www.cowichanbraininjury.org/> 250-597-4662  
*The Cowichan Brain Injury Society is a charitable organization that offers support, case management and other services for people with brain injury.*

**Fraser Valley Brain Injury Association** [www.fvbia.org](http://www.fvbia.org) Toll-free 1-866-557-1913  
*The Fraser Valley Brain Injury Association is a charitable organization that has been offering support and services to people with acquired brain injuries and their families since 1997.*

**Kamloops Brain Injury Association** [www.kbia.ca](http://www.kbia.ca) 250-372-1799  
*The Kamloops Brain Injury Association serves individuals with acquired brain injuries, their families, caregivers and associates by offering specialized programs and life skills education.*

**Nanaimo Brain Injury Society** [www.nbis.ca](http://www.nbis.ca) 250-753-5600  
*The Nanaimo Brain Injury Society provides support, education and advocacy to people on central Vancouver Island with acquired brain injuries, their families and friends.*

**North Okanagan Shuswap Brain Injury Society** [www.nosbis.ca](http://www.nosbis.ca) 250-833-1140  
*The North Okanagan Shuswap Brain Injury Society offers a comprehensive range of services to survivors of an acquired brain injury, their family and friends, crucial to regaining a productive life.*

**Northern Brain Injury Association** <http://nbia.ca> Toll-free 1-866-979-4673  
*The Northern Brain Injury Association was founded in 2002 in response to the lack of services that were available for Northern British Columbia survivors of brain injury, and their families.*



**Brain Injury Associations in British Columbia Continued:**

**Powell River Brain Injury Society** [www.braininjurysociety.com](http://www.braininjurysociety.com) Toll-free 1-866-499-6065  
*The Powell River Brain Injury Society is committed to providing the best service delivery available to their clients living with acquired brain injury, their families and their caregivers.*

**Prince George Brain Injured Group Society** [www.pgbig.ca](http://www.pgbig.ca) Toll-free 1-877-564-2447  
*The Prince George Brain Injured Group provides community rehabilitation and services to more than 300 survivors of brain injury every year.*

**South Okanagan Similkameen Brain Injury Society** 250-490-0613  
[www.sosbis.com](http://www.sosbis.com)  
*The South Okanagan Similkameen Brain Injury Society (SOSBIS) is a non-profit organization made up of people with brain injuries, family members, and professionals dedicated to assisting survivors and their families to achieve the greatest level of independence and quality of life.*

**Victoria Brain Injury Society** [www.vbis.ca](http://www.vbis.ca) 250-598-9339  
*Victoria Brain Injury Society gives survivors and their loved ones that which the medical professional cannot: long-term support through the many steps, both backward and forward, of life after brain injury.*

**Kootenay Brain Injury Association** [www.kootenaybia.ca](http://www.kootenaybia.ca) 778-460-4500  
*Kootenay Brain Injury Association offers support, guidance and education to both the person living with the effects of acquired brain injury and those who care for and about them.*

**Other Brain Injury Organizations:**

BC Brain Injury Association  
<https://www.brainstreams.ca/our-work/the-bc-brain-injury-association/>

Brain Injury Alliance  
<https://www.braininjuryalliance.ca/>

Brain Injury Alliance Dr. Gur Singh Memorial Education Fund  
<https://www.drgursinghgrants.ca/>  
*Education, Training and Employment Support for British Columbians Living with Acquired Brain Injuries*



Brain Injury Canada  
<https://www.braininjurycanada.ca/>





## Brain Injury Support Groups

### **Vancouver Brain Injury Support Group**

Contact: Lillian Wong

Phone: 604-873-2385

E-mail: [lmywong@shaw.ca](mailto:lmywong@shaw.ca)

### **Surrey Brain Injury Support Group**

Contact: Tina Suter

Phone: 604-540-9234

E-mail: [brain@telus.net](mailto:brain@telus.net)

### **Richmond Brain Injury Support Group**

Contact: Tina Suter

Phone: 604-540-9234

E-mail: [brain@telus.net](mailto:brain@telus.net)

### **Sechelt (Sunshine Coast) Brain Injury Support Group**

5630 Inlet Ave, Sechelt, B.C., V0N 3A3

Contact: Susan Goddard

Phone: 604-885-8524/ 604-989-8524

Fax: 604-741-0728

Support Groups: Sechelt

Email: [susan.goddard@vch.ca](mailto:susan.goddard@vch.ca)

### **Cariboo Brain Injury Support Group**

100 Mile House, BC

Contact: Mike Dewing

Phone: 604-202-1630

Email: [mailto:Brain.Injury.2023@gmail.com](mailto:mailto:Brain.Injury.2023@gmail.com)



## Brain Injury Drop In Day Programs and Drop In Centres

Fraser Valley Brain Injury Association <a href="http://www.fvbia.org">www.fvbia.org</a> <i>ABI Drop In program in Hope. Medical proof required.</i>	604-557-1913 Toll-free 1-866-557-1913
Communitas Supportive Care Society <a href="http://www.comunitascare.com">www.comunitascare.com</a> <i>Operates ABI Drop-in programs in Abbotsford &amp; Chilliwack. Medical proof required.</i>	604-850-6608 Toll-free 1-800-622-5455
UNITI <a href="https://uniti4all.com/semiahmoo-house-society/services/acquired-brain-injury/">https://uniti4all.com/semiahmoo-house-society/services/acquired-brain-injury/</a> <i>ABI Day Programs &amp; Drop-In program in Surrey, BC. Referral from Fraser Health required</i>	604 592-1006
Strive Centre Headway New Westminster <a href="http://www.striveliving.ca/adults-services/headway-centre">www.striveliving.ca/adults-services/headway-centre</a> <i>ABI Drop-In programs in Vancouver and New Westminster. Scheduled programs also available.</i>	604-520-0130 778-370-5499





### Child and Adolescent Services

Archway Community Services – Youth Resource Centre <a href="http://www.yrc.ca">http://www.yrc.ca</a> <i>Provides services for youth and families in conflict, youth justice services, counselling and support services</i>	604-870-4972
Abbotsford Youth Commission <a href="http://www.abbyyouth.com">http://www.abbyyouth.com</a> <i>The Abbotsford Youth Commission exists to identify, promote, improve, increase and provide services and programs for youth in Abbotsford.</i>	778-880-8559
BC Help Line for Children <a href="https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse">https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse</a> <i>A 24-hour province-wide toll-free line for children needing help, or for any person who knows of a child who is abused or neglected.</i>	310-1234
Child and Youth Mental Health (CYMH) - Walk-in Intake Clinics - Fraser Health Area <a href="http://www.gov.bc.ca/child-youth-mental-health-intake-clinics">Child &amp; Youth Mental Health Intake Clinics - Province of British Columbia (gov.bc.ca)</a> <i>The program is offered to children and youth aged 0-18 years of age, at no cost. The program is designed to support children and youth who are experiencing significant difficulties related to their thoughts, feelings and behaviours.</i>	
CYMH Abbotsford (Abbotsford - Ages 6-18)	604-870-5880
CYMH Agassiz - Harrison	604-796-1044
CYMH Chilliwack	604-702-2311
CYMH Hope	604-869-4900
CYMH Langley	604-514-2711
Child and Youth Mental Health Suicide crisis line:	310--6789 (24 hours)
<a href="https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health">https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health</a>	Toll-free 1-800-SUICIDE
	Toll-free 1-800-784-2433
Chilliwack Child & Youth Committee <a href="http://childandyouth.com">http://childandyouth.com</a>	
Chilliwack Community Services - Youth Services <a href="http://www.comserv.bc.ca/youth-services">http://www.comserv.bc.ca/youth-services</a> or <a href="mailto:ccsinfo@comserv.bc.ca">ccsinfo@comserv.bc.ca</a>	604-792-4267



Community Brain Injury Program for Children & Youth in BC <a href="http://mybrainonline.ca">http://mybrainonline.ca</a>	Toll-free 1-877-451-5511
<i>Provides a continuum of services to children, youth and adults with disabilities.</i>	
Encompass Support Services Society Langley <a href="http://www.encompass-supports.com">www.encompass-supports.com</a> or <a href="mailto:support@encompass-supports.com">support@encompass-supports.com</a>	604-534-2171
<i>Offers a variety of free, accessible community programs and activities for all ages with a primary focus on children youth and families in the communities of Langley.</i>	
Fraser Valley Child Development Centre <a href="http://www.fvcdc.org">http://www.fvcdc.org</a>	
Abbotsford/Mission	Toll-free 1-877-850-2686
Chilliwack/Fraser Cascade	Toll-free 1-877-820-8760
<i>Provides early intervention, school aged and specialized services (including access to speech, occupational and physical therapists) that are community-based, accessible, inclusive and responsive to the needs of children at all stages of their development.</i>	
GF Strong Rehab Centre Adolescent and Young Adult Program <a href="http://www.vch.ca/locations-and-services/find-health-services/?program_id=1399">http://www.vch.ca/locations-and-services/find-health-services/?program_id=1399</a>	604-737-6291
<i>Provides rehabilitation services and other specialized services to adolescents and youth 12-19 with an ABI. Referrals must be made by a physician or a nurse practitioner.</i>	
Kids Help Phone <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>	Toll-free 1-800-668-6868
<i>A 24-hour service for children and adolescents in need</i>	
Langley Youth and Family Services *by appointment only <a href="https://city.langley.bc.ca/city-services/health-social-services/youth-family-services">https://city.langley.bc.ca/city-services/health-social-services/youth-family-services</a>	604-514-2900
<i>To provide an early intervention counselling service working with the Langley RCMP, the community and families toward preventing child and youth entry into the criminal justice system.</i>	
Legal Services Society <a href="http://www.lss.bc.ca">http://www.lss.bc.ca</a>	Toll-free 1-866-577-2525
<i>We provide information, advice from duty counsel lawyers, and representation in certain cases.</i>	



Ministry of Children and Family Development	
<a href="http://www.gov.bc.ca/mcf">http://www.gov.bc.ca/mcf</a>	
Centralized Screening	Toll-free 1-800-663-9122
Abbotsford	604-870-5880
Chilliwack	604-702-2311
Hope	604-869-4900
Langley	604-514-2711
Mission	604-820-4300
<i>Delivers inclusive, culturally respectful, responsive and accessible services that support the well-being of children, youth and families.</i>	
Parent Support Services Society of BC	Toll-free 1-877-345-9777
<a href="https://www.parentsupportbc.ca/">https://www.parentsupportbc.ca/</a>	
<i>To protect the safety and wellbeing of children and promote the health of all families by partnering with those in a parenting role and their communities to build support, advocacy, education, research, and resources.</i>	
Youth in BC Helpline & Live Chat Online	
<a href="http://www.youthinbc.com">www.youthinbc.com</a>	
Greater Vancouver	604-872-3311
Howe Sound & Sunshine Coast	Toll-free 1-866-661-3311
	Toll-free 1-800-SUICIDE
	Toll-free 1-800-784-2433
Mental Health Support	310-6789
<i>Live Chat Online from Noon to 1AM in BC &amp; Yukon</i>	
<i>YouthInBC.com is first and foremost an on-line crisis chat service, where you can chat 1-on-1 with a trained volunteer from the Crisis Centre, where our service is based.</i>	
Sunny Hill Health Centre for Children	Toll-free 1-888-300-3088
<a href="http://www.bcchildrens.ca/Services/SunnyHillHealthCtr/default.htm">www.bcchildrens.ca/Services/SunnyHillHealthCtr/default.htm</a>	
<i>Sunny Hill Health Centre provides specialized development and rehabilitation services for children, youth and their families.</i>	
<b>Youth Employment:</b>	
BC Centre for Employment Excellence – Programs for Youth	
<a href="http://www.cfeebc.org/resource/youth/">http://www.cfeebc.org/resource/youth/</a> <a href="mailto:info@cfeebc.org">info@cfeebc.org</a>	
<i>Offers job search assistance, training, workshops as well as specialized services to Immigrants, Aboriginal people, Francophones, people with disabilities, youth, older workers, multi-barriered people, and those living in rural and northern communities.</i>	



Chilliwack Resource Centre	604-702-9595
<a href="http://www.chilliwack.com/main/page.cfm?id=1387">http://www.chilliwack.com/main/page.cfm?id=1387</a>	<a href="mailto:cwkrc@shaw.ca">cwkrc@shaw.ca</a>
<i>Referral service, provides information on free community services, income tax preparation, resume creation, phone/fax/photocopying services, community resources, office training, education, social events and more.</i>	
Young Canadians	
<a href="https://www.canada.ca/en/services/youth.html">https://www.canada.ca/en/services/youth.html</a>	
<i>Help with resume writing, finding a job, researching a career suited to an individual, train for work and more.</i>	
WorkBC	
<a href="https://www.workbc.ca/Resources-for/Youth.aspx">https://www.workbc.ca/Resources-for/Youth.aspx</a>	
Resources for Youth	Toll-free 1-877-952-6914
<i>Helps youth find jobs, explore career options, gain work experience &amp; skills, and create or expand your own business.</i>	





### Community Support Services

Archway (formerly Abbotsford Community Services)	604-859-7681
<a href="https://archway.ca/">https://archway.ca/</a>	
<i>Provide a variety of services to the public such as volunteer drivers, Planned Parenthood, Meals on Wheels, substance use services, and much more for all members of a family.</i>	
Community Services	
Agassiz/Harrison	604-796-0266
<a href="http://www.fvessc.com/agassiz-harrison-community-services">www.fvessc.com/agassiz-harrison-community-services</a>	
Chilliwack	604-792-4267
<a href="http://www.comserv.bc.ca">www.comserv.bc.ca</a>	
Hope Community Services	604-869-2466
<a href="https://dosomegood.ca/organization/hope-community-services">https://dosomegood.ca/organization/hope-community-services</a>	
Mission	604-826-3634
<a href="http://www.missioncommunityservices.com">www.missioncommunityservices.com</a>	
Langley	604-534-7921
<a href="http://www.lcss.ca">www.lcss.ca</a>	
<i>Community service agencies offer a variety of programs including counselling, programs for seniors, families, immigrants, etc.</i>	
PLEA	604-871-0450
<a href="https://www.plea.ca/">https://www.plea.ca/</a>	
<i>PLEA delivers unique services, tailored to individual strengths and needs, to children, youth, adults and families facing significant challenges so that they may live fulfilling lives within their communities.</i>	
Salvation Army	
<a href="https://salvationarmy.ca/contact/">https://salvationarmy.ca/contact/</a>	
Abbotsford	604-852-9305
Chilliwack	604-792-0001
Langley	604-514-7375
<i>Provides a variety of services such as assistance with short-term shelter, life skills, providing support, aiding in employment searches, and offering volunteer opportunities.</i>	



## Concussions

A concussion is an injury to the brain, which can be caused by a sudden acceleration to the head and neck. The WHO diagnostic criteria for a concussion states a jolt or direct hit to the head with one or more of the following symptoms; Amnesia lasting 24 hours or less, loss of consciousness for 30 minutes or less, Glasgow coma scale (13- 15/15) or dazed and confused (at the time of the injury).

Symptoms can appear immediately or in some cases, days following the initial injury. Concussions can occur from various activities including falls, sports, motor vehicle collisions or being struck by an object.

The majority of individuals that sustain a concussion begin to feel better and have symptoms alleviate within a few days to weeks. There are however, a small percentage of the population whose symptoms can persist for months or longer. This is called Post-Concussion Syndrome (PCS).

### Concussion Supports and Resources

Acquired Brain Injury-Self-Management Program <a href="http://www.vch.ca/Locations-Services/result?res_id=1190">http://www.vch.ca/Locations-Services/result?res_id=1190</a>	604-737-6291
CATT Online – Concussion Awareness Training Tool <a href="https://cattonline.com/">https://cattonline.com/</a>	
<i>The Concussion Awareness Training Tool (CATT) is a series of online educational modules and resources with the goal of standardizing concussion recognition, diagnosis, treatment, and management.</i>	
Fraser Health Acquired Brain Injury and Concussion Services <a href="https://www.fraserhealth.ca/Service-Directory/Services/Clinics/acquired-brain-injury-and-concussion-services">https://www.fraserhealth.ca/Service-Directory/Services/Clinics/acquired-brain-injury-and-concussion-services</a>	604-520-4175
GF Strong Rehabilitation <a href="http://www.vch.ca/locations-and-services/find-health-services/?program_id=512">http://www.vch.ca/locations-and-services/find-health-services/?program_id=512</a> Early Response Brain Injury Service (Concussion Service)	604-714-4186
<i>For people that are experiencing post-concussion symptoms for more than 6 months and less than 1 year. Provides education and support to adults who have experienced a concussion. Provides rehabilitation, community support and residential services to adults who have experienced a brain injury.</i>	
Fraser Valley Brain Injury Association - Concussion Information <a href="https://www.fvbia.org/concussion/">https://www.fvbia.org/concussion/</a>	604-557-1913





## Counselling, Counselling Services and Support

Contact Fraser Valley Brain Injury Association at [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for professional counsellors in your area who have experience working with people with acquired brain injuries and their families.

You can find directories of counsellors through their professional organizations.

Registered Clinical Counsellors: visit the [BC Association of Clinical Counsellors](http://bc-counsellors.org)

Canadian Certified Counsellors: visit the [Canadian Counselling and Psychotherapy Association](http://canadiancounselling.org)

Canadian Professional Counsellors: visit the [Canadian Professional Counsellors Association](http://canadianprofessionalcounsellors.org)

BC Association of Clinical Counsellors <a href="http://bc-counsellors.org">http://bc-counsellors.org</a>	Toll-free 1-800-909-6303
<b>Crisis and Emergency Supports:</b>	
Ann Davis Transition Society (Chilliwack) <a href="http://www.anndavis.org">http://www.anndavis.org</a> <i>Ann Davis Transition Society provides education, prevention and support services to those affected by abuse or violence.</i>	604-792-2760
Canadian Association for Suicide Prevention <a href="https://suicideprevention.ca/Archive-Directory">https://suicideprevention.ca/Archive-Directory</a> <i>Find a crisis centre serving your area.</i>	613-702-4446
Telecare BC <a href="http://www.telecarebc.com/home">http://www.telecarebc.com/home</a>	1-888-852-9099
The Crisis Intervention and Suicide Prevention Centre of BC <a href="http://crisiscentre.bc.ca">http://crisiscentre.bc.ca</a> <a href="https://www.options.bc.ca/program/fraser-health-crisis-line">https://www.options.bc.ca/program/fraser-health-crisis-line</a> <i>You can call the Crisis Line about anything that is causing you concern, worry or distress.</i>	1-800-784-2433
SAFER (The Survival Manual) <a href="http://survivalmanual.org/">http://survivalmanual.org/</a> <i>The Survival Manual is a compilation of services for anybody facing change, addiction, a crisis situation, homelessness, hunger or anything urban living throws our way.</i>	604-879-9251
Sexual Abuse Support Services (SASS) <i>Counselling provided by Encompass Support Services Society, Langley</i> <a href="https://www.encompass-supports.com/sexual-abuse-support-services.html">https://www.encompass-supports.com/sexual-abuse-support-services.html</a>	604-534-2171



VictimLink BC <a href="http://www.victimlinkbc.ca">http://www.victimlinkbc.ca</a>	24 hours/7 days a week	Toll-free 1-800-563-0808
<i>VictimLink BC is a toll-free, confidential service available in more than 110 languages, including 17 North American Aboriginal languages. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.</i>		
<b>Other Counselling Support:</b>		
BC Neuropsychiatry Program (Vancouver Coastal Health) <a href="http://www.bcnp.ca/">http://www.bcnp.ca/</a>		604-822-9758
<i>Serves adults with brain injury causing serious disturbances in behaviour, mood, intellectual abilities as well as those with psychiatric disorders that present as physical disturbances.</i>		
Cares Counselling Society <a href="https://cares.ca/">https://cares.ca/</a>		604-853-8916
Chuck Jung Associates Psychological and Counselling Services <a href="https://www.chuckjung.com/">https://www.chuckjung.com/</a>		Vancouver area 604-874-6754 Abbotsford 604-852-7885 Chilliwack 604-792-7177
<i>Offices located throughout the Lower Mainland.</i>		
Disability Alliance of BC <a href="http://disabilityalliancebc.org/programs/">http://disabilityalliancebc.org/programs/</a>		Toll-free 1-800-663-1278 Toll-free 1-877-940-7797
<i>Advocacy, direct services, Tax AID Helpline, Disability Law Clinic. Help with PWD, PPMD, CPP Disability, RDSP, and DTC.</i>		
GF Strong Adult Concussion Services (GFACS) (Vancouver Coastal Health/GF Strong Rehabilitation Centre) <a href="http://www.vch.ca/locations-and-services/find-health-services/?program_id=512">http://www.vch.ca/locations-and-services/find-health-services/?program_id=512</a>		604-737-6291
Fraser Health Authority Acquired Brain Injury Services <a href="https://www.fraserhealth.ca/health-topics-a-to-z/brain-injury/brain-injury-services">https://www.fraserhealth.ca/health-topics-a-to-z/brain-injury/brain-injury-services</a>		604-520-4175
<i>Provides short term rehabilitation, neuropsychological assessments and community support services for those with limited or no third-party funding. Medical documentation of injury required.</i>		
Fraser Health Concussion Clinic (ABI Program) <a href="https://www.fraserhealth.ca/Service-Directory/Services/Clinics/concussion-clinic">https://www.fraserhealth.ca/Service-Directory/Services/Clinics/concussion-clinic</a>		604-520-4175
<i>Early intervention services for adults with concussion/mild TBI, (Not work-related), serves entire Fraser Health region. Referrals up to 12 months post injury for 16+.</i>		



GF Strong Outpatient Acquired Brain Injury Program <a href="http://www.vch.ca/locations-services?search_term=acquired,brain,injury">http://www.vch.ca/locations-services?search_term=acquired,brain,injury</a>	604-734-1313
InfoChilliwack <a href="http://infochilliwack.com/#/search">http://infochilliwack.com/#/search</a> <i>Online inventory of health and social services in Chilliwack.</i>	
Planned Lifetime Advocacy Network (PLAN) <a href="http://www.plan.ca">www.plan.ca</a> <i>The families who founded PLAN discovered solutions to securing the future for loved ones with disabilities.</i>	778-819-1726
Positive Living Society of BC <a href="http://www.positivelivingbc.org/services">http://www.positivelivingbc.org/services</a> <i>Provides a variety of services for people living with HIV.</i>	Toll-free 1-800-994-2437
WorkSafe BC's Brain Injury Program <a href="https://www.worksafebc.com/en/health-care-providers/rehabilitation/head-injury">https://www.worksafebc.com/en/health-care-providers/rehabilitation/head-injury</a>	604-232-7787 Toll-free 1-866-244-6404
<b>Self-Management Programs:</b>	
Stroke Recovery Association of BC <a href="http://strokerecoverybc.ca">http://strokerecoverybc.ca</a> <i>Learn how to recover from stroke and take back your life. Find expert advice, guides, videos, and community group programs.</i>	604-688-3603 Toll-free 1-888-313-3377
The HOMES Society <a href="https://homesociety.com/">https://homesociety.com/</a> <i>Welcoming men and women who need a supportive home in the community, training, mentoring, planning, work information and therapeutic options using the Philosophy of Gentle Teaching.</i>	604-852-7888
Pain BC <a href="https://painbc.ca/about">https://painbc.ca/about</a> <i>Coping with chronic pain can be difficult. Help and support are available. Whether you are looking for one-on-one or peer group support, our free programs can help you find resources to manage pain and its effects on your life.</i>	1-844-430-0818
University of Victoria's Institute on Aging & Lifelong Health <a href="https://www.selfmanagementbc.ca/CommunityPrograms">https://www.selfmanagementbc.ca/CommunityPrograms</a> <i>Workshops offered for adults including Chronic Conditions Self-Management Program, Chronic Pain Self-Management Program, and more.</i>	Toll-free 1-866-902-3767



## Hospice Societies

Hospice care focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life.

Abbotsford Hospice Society & Holmberg House	604-852-2456
<a href="http://abbotsfordhospice.org">http://abbotsfordhospice.org</a>	
Cascade Hospice (Home)	604-795-6088
Chilliwack Hospice Society	604-795-4660
<a href="http://www.chilliwackhospice.org">http://www.chilliwackhospice.org</a>	
Langley Hospice Society	604-530-1115
<a href="http://langleyhospice.com">http://langleyhospice.com</a>	
Mission Hospice Society	604-826-2235
<a href="http://www.missionhospice.bc.ca/home">http://www.missionhospice.bc.ca/home</a>	



## Education and Training

Contact schools directly to see what kind of support is offered for students with disabilities.

BC Adult Basic Education (ABE) and Adult Basic Education University Preparation	
<a href="https://www.ufv.ca/calendar/current/ProgramsR-Z/UUP_ABE.htm">https://www.ufv.ca/calendar/current/ProgramsR-Z/UUP_ABE.htm</a>	
Abbotsford	604-854-4578
Chilliwack	604-795-2807
Hope	604-869-9991
<i>For those who want to review and improve their English, computer, math, or science skills to meet employment requirements or for personal benefit, enhance their life, educational, and employment readiness skills, complete secondary school to earn the B.C. Adult Graduation diploma (Adult Dogwood) or complete prerequisite courses for post-secondary programs</i>	
Fraser Valley Brain Injury Association Guide for Employers	604-557-1913
<a href="https://www.fvbia.org/employment-after-acquired-brain-injury/">https://www.fvbia.org/employment-after-acquired-brain-injury/</a>	
Ministry of Advanced Education	
Private Training Institutions Branch	Toll-free 1-800-661-7441
<a href="https://www.privatetraininginstitutions.gov.bc.ca/">https://www.privatetraininginstitutions.gov.bc.ca/</a>	<a href="mailto:PTI@gov.bc.ca">PTI@gov.bc.ca</a>
<i>Information for students on a broad range of occupations.</i>	
Student Aid BC	Toll-free 1-800-561-1818
<a href="https://studentaidbc.ca">https://studentaidbc.ca</a>	
<i>Student loans and grants.</i>	
University of the Fraser Valley	604-504-7441
<a href="http://ufv.ca">http://ufv.ca</a>	
Abbotsford (Main) Switchboard	Toll-free 1-888-504-7441
Chilliwack Switchboard	604-792-0025
Centre for Accessibility Services	604-504-7441
<a href="https://www.ufv.ca/accessibility/">https://www.ufv.ca/accessibility/</a>	Ext. 4528
	Toll-free 1-888-504-7441
	Ext. 4528
Adult Education	604-864-4621
<a href="mailto:AdultEd@ufv.ca">AdultEd@ufv.ca</a>	



## Epilepsy and Seizure Disorders

### What is epilepsy?

Epilepsy is a common condition that causes repeated [seizures](#). The seizures are caused by bursts of electrical activity in the brain that are not normal. Seizures may cause problems with muscle control, movement, speech, vision, or awareness.

Epilepsy may develop even without any risk factors. Sometimes, a cause can't always be identified, especially in many forms of childhood epilepsy. For some people, epilepsy can result from a tumour, infection, or damage to the brain.

Children and older adults are most likely to develop epilepsy, but it can start at any age. It is possible that epilepsy may run in families. But you do not have to have a family history to develop epilepsy.

[Epileptic seizures](#) occur when abnormal bursts of electricity in the brain briefly upset normal brain function. It's not always clear what triggers the bursts of abnormal electrical activity.

Conditions that can cause seizures include:

- Head injury.
- Stroke or conditions that affect the blood vessels (vascular system) in the brain.
- Hardening of the arteries (atherosclerosis) in the brain.
- Brain tumour.
- Brain infection, such as meningitis or encephalitis.
- [Alzheimer's disease](#).
- [Substance use disorder](#) or withdrawal.

Tumours, scar tissue from injury or disease, or abnormal brain development may damage a specific area of the brain and cause [partial seizures](#). But you may not have any of these conditions and still develop epilepsy.

<https://www.healthlinkbc.ca/illnesses-conditions/epilepsy/epilepsy>

BC Epilepsy Society	604-875-6704
<a href="http://www.bcepilepsy.com/">http://www.bcepilepsy.com/</a>	<a href="mailto:info@bcepilepsy.com">info@bcepilepsy.com</a>
Centre for Epilepsy & Seizure Education in BC	604-853-7399
<a href="http://www.esebc.ca/">http://www.esebc.ca/</a>	<a href="mailto:info@esebc.ca">info@esebc.ca</a>



## Equipment and Technology

Assistive Technology British Columbia	604-264-8295
<a href="http://www.at-bc.ca/">http://www.at-bc.ca/</a>	
<i>Provides assistive technology resources to make learning environments usable for people with disabilities throughout British Columbia.</i>	
BC Centre for Ability (Main Office Vancouver)	604-451-5511
<a href="http://www.centreforability.bc.ca">www.centreforability.bc.ca</a>	
<i>Provides community-based services that enhance the quality of life for children, youth and adults with disabilities and their families in ways that facilitate and build competencies and foster inclusion in all aspects of life.</i>	
CanAssist	250-721-7300
<a href="https://www.canassist.ca/">https://www.canassist.ca/</a>	
<i>Develops innovative technologies and programs where there are gaps in existing services. We work with the exceptional students and faculty at the University of Victoria and partners in the wider community.</i>	
Chilliwack & District Senior Resources Society	604-793-9979
<a href="https://www.cdsrs.ca/resources">https://www.cdsrs.ca/resources</a>	<a href="mailto:info@cdsrs.ca">info@cdsrs.ca</a>
<i>Has listings of local support groups or individuals with medical equipment for sale.</i>	
CNIB Foundation	Toll-free 1-800-563-2642
<a href="https://cnib.ca/en/programs-and-services/tech?region=bc">https://cnib.ca/en/programs-and-services/tech?region=bc</a>	<a href="mailto:info@cnib.ca">info@cnib.ca</a>
<i>For people with visual impairments. Unleashing the power of technology lets you lead an independent life. Our "Technology" programs level the playing field, providing skills and training that focus on the accessible, available, and affordable technology.</i>	
Community Brain Injury Program for Children and Youth	604-451-5511
<a href="http://mybrainonline.ca/">http://mybrainonline.ca/</a>	Toll-free 1-877-451-5511
<i>The program mandate is to provide community-based services that enhance the quality of life of children, youth and adults with disabilities and their families in ways that facilitate and build competencies, and foster inclusion in all aspects of life.</i>	



Disability Alliance BC	604-872-1278
<a href="http://disabilityalliancebc.org">http://disabilityalliancebc.org</a>	
Advocacy Access Program	Toll-free 1-800-663-1278
Tax AID Helpline	Toll-free 1-877-940-7797
<i>Our mission is to support people, with all disabilities, to live with dignity, independence and as equal and full participants in the community.</i>	
Disability Foundation and Affiliated Societies	604-688-6464
<a href="http://www.disabilityfoundation.org/affiliated-societies.html">http://www.disabilityfoundation.org/affiliated-societies.html</a> <a href="mailto:info@disabilityfoundation.org">info@disabilityfoundation.org</a>	
<i>Outdoor activities like sailing, hiking and paddling, or through the self-expression that comes from music and gardening, or the independence that comes from custom assistive devices. We also support participants to access other community resources.</i>	
GF Strong Assistive Technology Service	604-737-6263
<a href="http://www.vch.ca/Locations-Services/result?res_id=913">http://www.vch.ca/Locations-Services/result?res_id=913</a>	
<i>The service consults with and supports a client team in the assessment, selection, and application of technology to further an individual's goals related to communication, vocation, education, leisure, and independent living.</i>	
MEDChair	Toll-free 1-888-802-4857
<a href="http://www.medichair.com/">http://www.medichair.com/</a>	
<i>Our personal motivation comes from witnessing the change in the lives of our clients as their newly discovered mobility, accessibility and independence allows them to accomplish more than they ever thought possible. Financing available at some locations.</i>	
Neil Squire Society	604-473-9363
<a href="http://www.neilsquire.ca/">http://www.neilsquire.ca/</a>	
<i>Serve people with disabilities and their future employers, filling gaps in services and expertise. We facilitate innovative technology solutions to improve productivity for people with disabilities.</i>	Toll-free 1-877-673-4636 <a href="mailto:info@neilsquire.ca">info@neilsquire.ca</a>
North Shore Disability Resource Centre	604-985-5371
<a href="http://www.nsdrc.org">www.nsdrc.org</a>	
<i>The NSDRC offers many programs and services to people with disabilities. Our programs welcome the participation and support of family, friends and volunteers.</i>	<a href="mailto:nsdrc@nsdrc.org">nsdrc@nsdrc.org</a>





Pos-Abilities	604-961-0117
<a href="https://pos-abilities.org/">https://pos-abilities.org/</a>	
<a href="https://pos-abilities.org/assistive-devices/">https://pos-abilities.org/assistive-devices/</a>	
<i>Non-profit volunteer supported agency that helps improve the quality of life for people with disabilities, including those living with mobility issues, hearing loss, blindness, plus many other conditions requiring assistive devices. Can loan or give refurbished equipment to someone in need.</i>	
Red Cross Health Equipment Loans Program	Toll-free 1-800-418-1111
<a href="https://www.redcross.ca/in-your-community/british-columbia-and-yukon/health-equipment-loans">https://www.redcross.ca/in-your-community/british-columbia-and-yukon/health-equipment-loans</a>	
<i>A referral from a Healthcare Professional as identified by the Health Authority or Health Organization is required.</i>	
Richmond Centre for Disability	604-232-2404
<a href="http://www.rcdrichmond.org">www.rcdrichmond.org</a>	
<i>The RCD's purpose is to give people with disabilities the opportunity to participate in the community to the fullest extent of their ability and to improve their quality of life by working for – Inclusion, Independence &amp; Empowerment.</i>	
Rick Hansen Foundation	Toll-free 1-800-213-2131
<a href="https://www.rickhansen.com/news-stories/blog/rick-hansen-accessibility-team-work">https://www.rickhansen.com/news-stories/blog/rick-hansen-accessibility-team-work</a>	
<i>Works with businesses and organizations to help make them accessible to the public, through accessibility surveys and valuable input.</i>	
Spinal Cord Injury BC	604-324-3611
<a href="https://sci-bc.ca/">https://sci-bc.ca/</a>	
<i>Spinal Cord Injury BC (SCI BC) is a not-for-profit organization dedicated to helping people with spinal cord injuries, and with related disabilities, adjust, adapt and thrive by providing answers, information and unique community experiences.</i>	Toll-free 1-800-689-2477 <a href="mailto:info@sci-bc.ca">info@sci-bc.ca</a>
Technology for Living	604-326-0175
<a href="https://technologyforliving.org/">https://technologyforliving.org/</a>	Toll-free 1-866-326-1245
<i>Help accessing respiratory equipment and services; Help assess, install and maintain environmental control systems, Help plan for independent living; Provides self-help resources; Fills supply orders; Provide aid and information over the phone; Organizes events.</i>	



## Family/Caregiver Support

Brain Injury Canada Caregiver E-Courses <a href="https://braininjurycanada.ca/en/caregiver/resources/courses/">https://braininjurycanada.ca/en/caregiver/resources/courses/</a>	
Canadian Center for Elder Law <a href="https://www.bcli.org/elder-law-resources/execsum/chapter6">https://www.bcli.org/elder-law-resources/execsum/chapter6</a>	
Caring for the Caregiver – Government of BC <a href="https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors/caring-for-the-caregiver">https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors/caring-for-the-caregiver</a>	
Chuck Jung Associates <i>Virtual Caregiver Support Group for partners &amp; parents</i>	604-874-6754
Family Caregivers of British Columbia <a href="https://www.familycaregiversbc.ca/">https://www.familycaregiversbc.ca/</a> <i>To improve the quality of life for family caregivers through support, information, and education. Caregiver Self-Assessment tool is available.</i>	Toll-free 1-877-520-3267
Service Canada <a href="https://www.canada.ca/en/employment-social-development/campaigns/ei-improvements/access-care.html">https://www.canada.ca/en/employment-social-development/campaigns/ei-improvements/access-care.html</a> <a href="https://www.canada.ca/en/employment-social-development/programs/ei/ei-list/reports/compassionate-care.html">https://www.canada.ca/en/employment-social-development/programs/ei/ei-list/reports/compassionate-care.html</a> <a href="http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/Ins300-350/315/menu-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/Ins300-350/315/menu-eng.html</a> <a href="http://www.cra-arc.gc.ca/medical/">http://www.cra-arc.gc.ca/medical/</a> <i>Compassionate Care Benefits, Caregiver Amount Tax Credit, Employment Benefits</i>	



# Virtual Caregiver Support Group

for partners and parents of people who have acquired brain injuries

Sessions will be offered virtually once a month starting in September 2023.

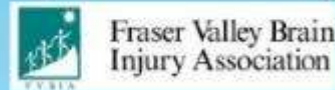
Registration is limited.

To register or for more information about the group, please contact Chuck Jung Associates at [admin@chuckjung.com](mailto:admin@chuckjung.com) or call 604-874-6754.



**Chuck Jung Associates**  
Psychological and Counselling Services  
[www.chuckjung.com](http://www.chuckjung.com)

Sponsored by:





## Financial Support, Tax Credits and Rebates

BC Housing <a href="https://www.bchousing.org/housing-assistance">https://www.bchousing.org/housing-assistance</a>	Toll-free	1-800-257-7756
Canada Revenue Agency Excise Gasoline Tax Refund <a href="http://www.servicecanada.gc.ca/eng/goc/gasoline_tax_refund.shtml">http://www.servicecanada.gc.ca/eng/goc/gasoline_tax_refund.shtml</a>	Toll-free	1-800-959-8281
Chilliwack Community Services (debt counselling, legal advocacy) <a href="http://www.comserv.bc.ca/family-services">http://www.comserv.bc.ca/family-services</a> <i>Free non-judgmental service available to anyone with financial problems.</i>		604-792-4267
Credit Counselling Society <a href="https://www.nomoredebts.org/">https://www.nomoredebts.org/</a> <i>Free credit counselling, low-cost debt solutions, and education to Canadians.</i>	Toll-free	1-888-527-8999
Canada Mortgages and Housing <a href="http://www.cmhc-schl.gc.ca/en/index.cfm">http://www.cmhc-schl.gc.ca/en/index.cfm</a>		604-731-5733
Residential Rehabilitation Assistance Programs (R.R.A.P.) <i>Funds renovations needed to accommodate any disabilities</i>	Toll-free	1-800-639-3938
Canadian Pension Plan (CPP) <a href="http://www.servicecanada.gc.ca/eng/services/pensions/cpp/index.shtml">http://www.servicecanada.gc.ca/eng/services/pensions/cpp/index.shtml</a>	Toll-free	1-800-277-9914
		For TTY/DD device users only
	Toll-free	1-800-255-4786
		For Vocational Rehabilitation Program
	Toll-free	1-800-277-9914
		For service in French
	Toll-free	1-800-277-9915
<i>CPP includes a disability pension, child and spouse benefits, and death benefits.</i>		
Canada Revenue Agency (Individual Income Tax Enquiries) <a href="http://www.cra-arc.gc.ca/">http://www.cra-arc.gc.ca/</a>	Toll-free	1-800-959-8281
		Hearing Impaired/TTY
	Toll-free	1-800-665-0354
		Child Tax Benefits
	Toll-free	1-800-387-1193
		Seniors' Supplement
	Toll-free	1-877-815-2363
Disability Alliance of BC <a href="http://www.disabilityalliancebc.org/">http://www.disabilityalliancebc.org/</a>		604-875-0188
		Programs
		604-872-1278
		Advocacy Access Help Line
	Toll-free	1-800-663-1278
<i>Advocacy group with respect to pension plan, disability appeals, MHR and MCF, disability rights, building access and home support.</i>		



Disability Tax Credit		
<a href="http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/dtc/menu-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/dtc/menu-eng.html</a>		
<i>The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities, or their supporting persons reduce the amount of income tax they may have to pay.</i>		
Homeowner's Grants Administration		
		250-356-8904
<a href="https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/home-owner-grant">https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/home-owner-grant</a>		
<i>Disability Grant for aid or reduction in property taxes</i>		Toll-free 1-888-355-2700
Property tax deferment- for local taxes, contact your local city hall		
- for rural tax information- Service BC		Toll-free 1-800-663-7867
Government of Canada Income Security Programs		
		Toll-free 1-800-277-9914
<a href="https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/income-security-programs">https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/income-security-programs</a>		
<i>Old Age Security</i>	<i>Guaranteed Income Supplement</i>	
<i>Canada Pension Plan</i>	<i>Survivors and Disabled Benefits</i>	
Ministry of Social Development and Poverty Reduction		
<a href="http://www.gov.bc.ca/sdsi">http://www.gov.bc.ca/sdsi</a>		
	Chilliwack /Agassiz	604-703-6900
	Abbotsford	604-870-5811
	Hope	604-869-4929
	Mission	604-814-1000
	Langley	604-532-3666
<i>Income Assistance, EI, CPP, Child Tax Benefits, inquire about Disability Benefits</i>		
Planned Lifetime Advocacy Network (PLAN)		
		778-819-1726
<a href="http://www.plan.ca">www.plan.ca</a>		
<i>Assists with financial issues and applying for disability benefits</i>		
Revenue Services of BC (Fuel Tax Refund for those with a Disability)		
		Toll-free 1-877-388-4440
<a href="https://www2.gov.bc.ca/gov/content/taxes/sales-taxes/motor-fuel-carbon-tax/fuel-tax-refund/apply-for-refund?keyword=provincial&amp;keyword=fuel&amp;keyword=tax&amp;keyword=rebate">https://www2.gov.bc.ca/gov/content/taxes/sales-taxes/motor-fuel-carbon-tax/fuel-tax-refund/apply-for-refund?keyword=provincial&amp;keyword=fuel&amp;keyword=tax&amp;keyword=rebate</a>		
<i>Provincial Fuel tax rebate, 25% ICBC disability discount</i>		
Special Education Technology BC (Set BC)		
		604-261-9450
<a href="http://www.setbc.org">http://www.setbc.org</a>		
<i>Specialized equipment and funding</i>	Tech Support	Toll-free 1-866-738-3375



## Food Banks and Food Support

<b>Food Banks:</b>
You can use the Find a Food Bank tool to search for a food bank in your community. No food bank showing in your area? Please check with the location nearest you or call 211 to see if there are smaller food banks close by. <a href="https://foodbankscanada.ca/find-a-food-bank/">https://foodbankscanada.ca/find-a-food-bank/</a>
Agassiz-Harrison Food Bank 7086 Cheam Ave Agassiz British Columbia V0M 1A0
Archway Food Bank 33914 Essendene Ave Abbotsford British Columbia V2S 2H8
Friends in Need Food Bank 22726 Dewdney Trunk Road Maple British Columbia V2X 3K2
Hope Community Services 434 Wallace St. Hope BC V0X 1L0
Salvation Army - Chilliwack 46746 Yale Road Chilliwack British Columbia V2P 2N4
St. Joseph's Food Bank (BC) 32600 7th Avenue Mission British Columbia V2V 4J3
<b>Food Supports from other Sources:</b>
Fraser Health: Free and Low-Cost Food Directory <a href="https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory">https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory</a>
Local communities in Fraser Health have services available to provide either low-cost or free food to their residents. Free and low-cost food directory has lists of food, meal, and lower-cost grocery options organized by community. These lists are a collection of many local organizations whose programs can change frequently. Local First Nations and Sikh Temples may also offer food support.
Check with your health authority for similar lists. <a href="https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities">https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities</a>



### Government Services

Enquiry Canada <a href="http://canada.gc.ca">http://canada.gc.ca</a>	Toll-free 1-800-0-Canada
<i>Information on Federal Government services</i>	Toll-free 1-800-622-6232
Service BC Contact Centre - Enquiry BC <a href="http://www.servicebc.gov.bc.ca/about_servicebc/">http://www.servicebc.gov.bc.ca/about_servicebc/</a>	
In Victoria	387-6121
In Vancouver	604-660-2421
Elsewhere in B.C.	Toll-free 1-800-663-7867
Outside B.C.	604-660-2421





## Health Services

<i>Each Health Authority has specific programs or departments for acquired brain injury services. Contact your region's health authority office for information.</i>	
<b>Health Authorities:</b>	
Provincial Health Services Authority (PHSA) (Vancouver) <a href="http://www.phsa.ca/">http://www.phsa.ca/</a>	604-675-7400
Fraser Health Authority (Surrey) <a href="http://www.fraserhealth.ca/">http://www.fraserhealth.ca/</a>	604-587-4600 Toll-free 1-877-935-5669
Acquired Brain Injury Services	604-520-4175
Interior Health Authority (Kelowna) <a href="http://www.interiorhealth.ca/Pages/default.aspx">http://www.interiorhealth.ca/Pages/default.aspx</a>	250-862-4200
Northern Health Authority (Prince George) <a href="http://www.northernhealth.ca/">http://www.northernhealth.ca/</a>	250-565-2649 Toll-free 1-866-565-2999
Vancouver Coastal Health Authority (Vancouver) <a href="http://www.vch.ca/">http://www.vch.ca/</a>	604-736-2033 Toll-free 1-866-884-0888
Vancouver Island Health Authority (Victoria) <a href="http://www.viha.ca/">http://www.viha.ca/</a>	250-370-8699 Toll-free 1-877-370-8699
<b>Other Health Services:</b>	
Adult and Youth Addiction Services	Lower Mainland 604-660-9382 Outside Lower Mainland Toll-free 1-800-663-1441
BC NurseLine - "811 Health Link" <a href="http://www.healthlinkbc.ca/servicesresources/">http://www.healthlinkbc.ca/servicesresources/</a>	Toll-free 1-866-215-4700
BC Cancer Agency (Fraser Valley Centre) <a href="http://www.bccancer.bc.ca/default.htm">http://www.bccancer.bc.ca/default.htm</a>	Toll-free 1-800-523-2885
Brain Tumour Foundation of Canada <a href="http://www.braintumour.ca/">http://www.braintumour.ca/</a>	Toll-free 1-800-265-5106
Cerebral Palsy Association of BC (Vancouver) <a href="http://bccerebralpalsy.com">http://bccerebralpalsy.com</a>	Toll-free 1-800-663-0004
Eating Disorder Resource Centre of BC (Kelty Resource Centre) <a href="http://keltyeatingdisorders.ca/">http://keltyeatingdisorders.ca/</a>	Toll-free 1-800 665-1822





Heart and Stroke Foundation of BC & Yukon <a href="http://www.hsf.bc.ca/">http://www.hsf.bc.ca/</a> <i>Research, health promotion and advocacy</i>	Vancouver Office Head Office	Toll-free 1-888-473-4636 778-372-8052 604-736-4404
Health and Seniors Information Line <a href="http://www.seniorsservicessociety.ca/bc_health.html">http://www.seniorsservicessociety.ca/bc_health.html</a>		Toll-free 1-800-465-4911
Health Insurance BC <a href="http://www.health.gov.bc.ca/insurance/index.html">http://www.health.gov.bc.ca/insurance/index.html</a>	Outside Vancouver & Victoria Vancouver area	Toll-free 1-800-663-7100 604-683-7151
Healthy Kids Program <a href="http://www.eia.gov.bc.ca/publicat/bcea/HealthyKids.htm">http://www.eia.gov.bc.ca/publicat/bcea/HealthyKids.htm</a>		Toll-free 1-866-866-0800
Health Link BC – Dietician Services <a href="http://www.healthlinkbc.ca/servicesresources/">http://www.healthlinkbc.ca/servicesresources/</a>		604-732-9191 Toll-free 1-800-667-3438
Medical Services Plan (MSP) and Fair Pharmacare <a href="https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/health-care-programs-and-services/pharmacare">https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/health-care-programs-and-services/pharmacare</a>		



## Health Units

Health Units can provide information and regarding nutrition, speech and hearing, child development, dental, public health & other issues.

For contact information for Health Units outside the Fraser Valley, contact your Health Authority. <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>

Fraser Health Authority Head Office <a href="http://www.fraserhealth.ca/">http://www.fraserhealth.ca/</a>	604-587-4600
Abbotsford Health Unit 104 – 34194 Marshall Road	604-864-3400
Agassiz Health Unit 7243 Pioneer Ave, P.O. Box 104	604-793-7160
Chilliwack Health Unit 45470 Menholm Road	604-702-4900
Hope Health Unit 444 Park Street	604-860-7630
Mission Health Unit 32618 Logan Ave	604-814-5500
Langley Public Health Unit 22033 Fraser Highway	604-539-2900



Home Care Services

Comfort Keepers <a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a>	Toll-free 1-866-965-6015
Fraser Health Home and Community Care Services <a href="https://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care/accessing-home-and-community-care-services#.Xk3vBihKjIU">https://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care/accessing-home-and-community-care-services#.Xk3vBihKjIU</a>	Toll-free 1-855-412-2121
Nurse Next Door <a href="http://www.nursenextdoor.com">www.nursenextdoor.com</a>	604-670-0258
Right at Home Canada <a href="mailto:info@rightathomecanada.com">info@rightathomecanada.com</a> <a href="http://www.rightathomecanada.com/fraser-valley">www.rightathomecanada.com/fraser-valley</a>	604-330-9909
<i>Offer a full range of home care and nursing care services for those with physical, medical, or memory impairment.</i>	





## Housing and Residential Services

Archway Community Services – Abbotsford <a href="https://archway.ca/program/supportive-housing-hearthstone/">https://archway.ca/program/supportive-housing-hearthstone/</a> <i>List of emergency shelters, Hearthstone Supportive housing.</i>	604-859-7681
BC Housing - Rental Assistance Program <a href="http://www.bchousing.org">www.bchousing.org</a> <i>Supportive &amp; Emergency Housing and rent subsidy program</i>	604-433-2218 Toll-free 1-800-257-7756
BC Non-Profit Housing Association <a href="http://bcnpha.ca/">http://bcnpha.ca/</a>	604-291-2600 Toll-free 1-800-494-8859
Communitas Supportive Care Society (Abbotsford) <a href="http://www.communitascare.com">http://www.communitascare.com</a> <i>Individualized Living Options Program</i>	604-850-6608
Fraser Health Authority Acquired Brain Injury Services <a href="http://www.fraserhealth.ca/your-care/home-and-community-care/home-health-services/acquired-brain-injury-program/services/acquired-brain-injury-services">http://www.fraserhealth.ca/your-care/home-and-community-care/home-health-services/acquired-brain-injury-program/services/acquired-brain-injury-services</a> <i>Residential care services provided to people who can't live independently &amp; require 24-hour supervision &amp; support.</i>	604-520-4175
Homeless Outreach Providers:	
Salvation Army Abbotsford	604-852-9305
Salvation Army Chilliwack	604-792-0001
Transition Society Hope	604-869-5111
Stepping Stone Langley	604-530-5033
Community Services Mission <a href="http://missioncommunityservices.com/homeless-outreach">http://missioncommunityservices.com/homeless-outreach</a>	604-826-3634
Strive Living Society <a href="http://striveliving.ca/">http://striveliving.ca/</a> <i>Assisted Independent Living Program provides accommodation options, family care homes and semi-independent living</i>	604-936-9944
Residential Tenancy Office <a href="http://www.rto.gov.bc.ca">www.rto.gov.bc.ca</a> <i>Provides information about your rights as a tenant/ landlord and dispute resolution services.</i>	Toll-free 1-800-665-8779
Tenant Resource & Advisory Centre (TRAC) Information Hotline <a href="http://tenants.bc.ca/">http://tenants.bc.ca/</a>	604-255-0546 Toll-free 1-800-665-1185
Vancouver Resource Society <a href="http://www.vrs.org">www.vrs.org</a> <i>Provides accessible housing with support services, assisted living, independent living, apartment living</i>	604-731-1020



Housing (Private Residential Care for People with Acquired Brain Injuries)

<b>Lower Mainland/Fraser Valley</b>	
Cheshire Home Society <a href="http://cheshirehomes.ca/">http://cheshirehomes.ca/</a> 501-625 5th Ave. New Westminster V3M 1X4	604-540-0686
Connect Langley (Connect Communities) <a href="http://www.connectcommunities.ca">www.connectcommunities.ca</a> 20445 - 73A Avenue, Langley, BC, V2Y 1V1	604-534-0705
The Evergreen Hamlets at Fleetwood – H & H Total Care <a href="https://www.evergreenhamlets.com/">https://www.evergreenhamlets.com/</a> 8382 – 156 <sup>th</sup> Ave Surrey, BC, V3S 3R7	604-597-7906
PLEA Folkstone <a href="https://www.plea.ca/adult-programs/folkstone/">https://www.plea.ca/adult-programs/folkstone/</a>	604-597-7906
Graceland Gates/Ruby Willows <a href="http://gracelandgates.ca/welcome/">http://gracelandgates.ca/welcome/</a> 6587 238th Street, Langley, BC, V2Y 2H3	604-871-0450
Hylan Home 32223 Hylan Avenue, Abbotsford, BC, V2T 1S8	(Gate) 604-510-4283
L & T Rehabilitation Services 202 - 2661 Kingsway, Vancouver, BC, V5R 5H4 <a href="https://www.kellysearch.com/listing/l-t-services-ltd-vancouver-bc">https://www.kellysearch.com/listing/l-t-services-ltd-vancouver-bc</a>	604-850-8122
<b>Kamloops</b>	
Westsyde Care Residence <a href="http://www.thehamletsatwestsyde.com/">http://www.thehamletsatwestsyde.com/</a> 2980 Westsyde Road, Kamloops, BC, V2B 7E9	604-439-7545
Ponderosa Community Respite Program <a href="http://www.interiorhealth.ca">http://www.interiorhealth.ca</a> 425 Columbia Street, Kamloops, BC V2C 2T4	250-579-7675
<b>Kelowna</b>	
Avonlea Care Centre Limited <a href="http://www.avonleacare.com/">http://www.avonleacare.com/</a> 1658 Blondeaux Crescent, Kelowna, BC, V1Y 4J7	250-374-5735
Connect Lake Country (Connect Communities) <a href="http://www.connectcommunities.ca">www.connectcommunities.ca</a> 11438 Bottom Wood Lake Road, Winfield, BC, V4V 1V4	250-762-4378



<b>Victoria</b>	
Cridge Centre for the Family	250-479-5299
<a href="http://cridge.org/">http://cridge.org/</a>	
MacDonald House (B I Services)	
1251 Santa Rosa Avenue, Victoria, BC, V8Z 2V5	
<b>Prince George</b>	
Prince George Brain Injured Group	
<a href="http://www.pgbig.ca/">http://www.pgbig.ca/</a>	
Office: 1237 4 <sup>th</sup> Ave, Prince George, BC, V2L 3J5	250-564-2447
Quince Street House	250-562-6265
2012 Quince Street, Prince George, BC, V2L 5B4	

*There may be other qualified residential facilities or family care homes in your area than the ones listed here. Please contact your local brain injury association for more information. Your local Health Authority may have housing resources as well if you qualify for services.*





## Indigenous Peoples

Please note that this is not a complete list of all resources and First Nations Communities.

A:yelexw Center for Hope and Healing	604-796-2177
<a href="https://www.seabirdisland.ca/index.php/service/ayelexw-center-for-hope-and-healing/">https://www.seabirdisland.ca/index.php/service/ayelexw-center-for-hope-and-healing/</a>	Toll-free 1-800-788-0322
Aboriginal Housing	
<a href="http://www.bchousing.org/Initiatives/Creating/AHI">http://www.bchousing.org/Initiatives/Creating/AHI</a>	
Aboriginal Housing Providers List (BC Housing)	
<a href="http://www.bchousing.org/Find/aboriginal/AHL">http://www.bchousing.org/Find/aboriginal/AHL</a>	
Aboriginal Homeless Outreach Program (Housing Matters BC)	
<a href="http://www.bchousing.org/Options/Emergency_Housing/AHOP">http://www.bchousing.org/Options/Emergency_Housing/AHOP</a>	
<i>Links to housing, income assistance, community-based support services.</i>	
Aboriginal Transformative Justice Services	604-251-7201
<a href="http://www.povnet.org/node/2583">http://www.povnet.org/node/2583</a>	
BC Aboriginal Network on Disability Society (BCANDS)	250-381-7303
<a href="http://www.bcands.bc.ca">www.bcands.bc.ca</a>	Toll-free 1-888-815-5511
<i>Provides a variety of support services and resources to promote the betterment of aboriginal people with disabilities</i>	
British Columbia Assembly of First Nations - Map	
<a href="https://www.bcafn.ca/first-nations-bc/interactive-map">https://www.bcafn.ca/first-nations-bc/interactive-map</a>	
<i>Access information about BC First Nations Communities</i>	
Community Futures – CFDC Sto:lo	604-858-0009
<a href="http://www.stolocf.ca/">http://www.stolocf.ca/</a>	
<i>Offers business support, lending and training</i>	
Chawsthil Integrated Health Team	Fraser Health East
	604-702-4975
First Nations Health Authority	604-693-6500
<a href="http://www.fnha.ca/">http://www.fnha.ca/</a>	Toll-free 1-866-913-0033
<i>Communicable Disease Control, eHealth, Environmental health, Research, Knowledge Exchange &amp; Evaluation, Health living &amp; wellness planning, Maternal, Child &amp; Family Health, Mental Health &amp; Substance Use, Traditional healing, Nursing services</i>	
First Nations in BC Knowledge Network	
<a href="https://fnbc.info/resources">https://fnbc.info/resources</a>	
<i>A space to exchange information between First Nations communities</i>	



Fraser Region Aboriginal Friendship Centre <a href="https://www.facebook.com/FRAFCA/">https://www.facebook.com/FRAFCA/</a>	
Fraser River Indigenous Centre <a href="https://www.frisociety.ca/">https://www.frisociety.ca/</a>	604-458-0151
Kla-how-eya Aboriginal Health and Wellness Clinic <a href="https://www.fraserhealth.ca/Service-Directory/Service-At-Location/5/D/kla-how-eya-healing-place---surrey#.XsXOJGhKjIU">https://www.fraserhealth.ca/Service-Directory/Service-At-Location/5/D/kla-how-eya-healing-place---surrey#.XsXOJGhKjIU</a>	604-587-4774
Mamele' Awt Qweesome Housing Society <a href="http://www.mqhs.ca/">http://www.mqhs.ca/</a> 137-34110 Lougheed Highway, Mission	604-820-3324
Metis Nation BC <a href="https://www.mnbc.ca/">https://www.mnbc.ca/</a>	604-557-5851 Toll free 1-800-940-1150
Mission Aboriginal Family Place <a href="http://www.stolonation.bc.ca/services-and-programs/early-childhood/mafpm.htm">http://www.stolonation.bc.ca/services-and-programs/early-childhood/mafpm.htm</a> 136-34110 Lougheed Highway, Mission	604-820-4693
Mission Indian Friendship Centre Society <a href="http://www.mifcs.bc.ca/programs.html">http://www.mifcs.bc.ca/programs.html</a>	604-826-1281
Seabird Band Office <a href="http://www.seabirdisland.ca/">http://www.seabirdisland.ca/</a>	604-796-2177
Sto:lo Employment Services <a href="http://www.saset.ca/">http://www.saset.ca/</a>	604-847-3299
Sto:lo Nation Health Services <a href="http://www.stolonation.bc.ca/">http://www.stolonation.bc.ca/</a> <i>Services to the Stó:lō and Aboriginal communities</i>	604-858-0468
Sts'ailes (formerly Chehalis Band) <a href="http://www.stsailes.com/">http://www.stsailes.com/</a>	604-796-2116
Wilma's Transition House <a href="http://www.xolhemetsociety.org/">http://www.xolhemetsociety.org/</a> <i>Offers emergency housing and support for women &amp; their children who have experienced violence.</i>	604-858-0468
Xyolhemeylh Child & Family Services <a href="https://www.fvacfss.ca/">https://www.fvacfss.ca/</a>	Toll-free 1-866-851-4619 After Hours Toll-free 1-800-663-9122
2335 McCallum Road, Abbotsford	604-870-5888
5-7201 Vedder Road, Chilliwack	604-858-0113
34110 Lougheed Highway, Mission	604-820-2595





### Internet Resources

Association of Injured Motorcyclists BC	<a href="http://www.aimvancouver.com/">http://www.aimvancouver.com/</a>
bc211 Online Directory	<a href="http://www.bc211.ca">http://www.bc211.ca</a>
BC Brain Injury Association	<a href="http://www.brainstreams.ca">www.brainstreams.ca</a>
Brain Games & Education (interactive site)	<a href="http://www.lumosity.com">www.lumosity.com</a>
Brain Injury Alliance	<a href="http://www.braininjuryalliance.ca">www.braininjuryalliance.ca</a>
Brain Injury Association of America	<a href="http://www.biausa.org">www.biausa.org</a>
Brainstreams	<a href="http://www.brainstreams.ca">www.brainstreams.ca</a>
BrainTrust Canada	<a href="http://braintrustcanada.com">http://braintrustcanada.com</a>
Bulkley Valley Brain Injury Association	<a href="http://www.bvbia.ca">www.bvbia.ca</a>
Central Okanagan Brain Injury Society	<a href="http://www.braintrustcanada.com">www.braintrustcanada.com</a>
Centre for Neuro Skills TBI Resource Guide	<a href="http://www.neuroskills.com">www.neuroskills.com</a>
Comox Valley Head Injury Society	<a href="http://www.cvhis.org">www.cvhis.org</a>
Fraser Valley Brain Injury Association	<a href="http://www.fvbia.org">www.fvbia.org</a>
Kamloops Brain Injury Association	<a href="http://www.kbia.ca">www.kbia.ca</a>
Nanaimo Brain Injury Society	<a href="http://www.nbis.ca">www.nbis.ca</a>
Northern Brain Injury Association	<a href="http://www.nbia.ca">www.nbia.ca</a>
Ontario Brain Injury Association	<a href="http://www.obia.on.ca">www.obia.on.ca</a>
Powell River Brain Injury society	<a href="http://braininjurysociety.com/">http://braininjurysociety.com/</a>
Prince George Brain Injured Group Society	<a href="http://www.pqbig.ca">www.pqbig.ca</a>
South Okanagan Similkameen BI Society	<a href="http://www.sosbis.com">www.sosbis.com</a>
Stroke Recovery Canada	<a href="http://www.strokerecoverycanada.com">www.strokerecoverycanada.com</a>
Stroke Recovery Association of BC	<a href="http://www.strokerecoverybc.ca">www.strokerecoverybc.ca</a>
BrainTrust	<a href="http://www.braintrust.org">www.braintrust.org</a>
Perspective Network	<a href="http://www.tbi.org">www.tbi.org</a>
Traumatic Brain Injury Resource Centre	<a href="http://www.braininjuryresources.org">www.braininjuryresources.org</a>
Victoria Brain Injury Society	<a href="http://www.vbis.ca">www.vbis.ca</a>
Waiting While Someone is in a Coma	<a href="http://www.waiting.com">www.waiting.com</a>





## Job Skills and Training

Archway Community Services <a href="https://archway.ca/programs/#employment">https://archway.ca/programs/#employment</a>	604-859-7681
BC Employment Program Hub <a href="https://www.cfeebc.org/program-search/">https://www.cfeebc.org/program-search/</a> <i>Online tool to help employment advisers identify non-Employment Program of BC publicly-funded employment programs for their clients.</i>	
Bowman Employment Services <a href="http://www.getyouthworking.ca/">http://www.getyouthworking.ca/</a> <a href="http://www.bowman-canadabcjobgrant.ca/">http://www.bowman-canadabcjobgrant.ca/</a> <i>Funding for training if unemployed, 15 to 30 &amp; not eligible for E.I. BC Job Grant Delivery Partner</i>	604-534-0440 Toll-free 1-877-504-5515
Bridging the Gap (Employment Readiness for Women) <a href="http://www.findingyourway.ca/index.php?id=34">http://www.findingyourway.ca/index.php?id=34</a> Chilliwack	604-859-6790 Toll-free 1-866-859-6790 604-702-0361
Buxton Consulting <a href="http://www.buxtonconsulting.org/index.php">http://www.buxtonconsulting.org/index.php</a>	604-504-5419
CARE (Career Assistance & Resources for Employment) <i>Must be unemployed, working under 20 hours/week, or on E.I.</i> Abbotsford Mission	604-755-3388 604-814-0732
Chilliwack Community Services <a href="http://www.comserv.bc.ca/employment/">http://www.comserv.bc.ca/employment/</a>	604-792-4267
Chilliwack Employment Services (CES) <a href="http://www.cesbc.com/links.html">http://www.cesbc.com/links.html</a>	604-702-4664
Chilliwack Resource Centre <a href="http://www.chilliwack.com/main/page.cfm?id=1387">http://www.chilliwack.com/main/page.cfm?id=1387</a> <i>Referral service, provides information on free community services, Income tax preparation, phone/fax/photocopying</i>	604-702-9595
Chilliwack Society for Community Living <a href="http://cscl.org">http://cscl.org</a> <i>Must qualify for services by IQ level</i>	604-792-7726
Community Employment Services <a href="https://411.ca/business/profile/6380679">https://411.ca/business/profile/6380679</a> Agassiz	604-796-0266



Community Futures – Fraser Valley Self Employment Program		
	Abbotsford	604-864-5770
	Chilliwack	604-793-4334
<a href="http://www.communityfutures.ca/">http://www.communityfutures.ca/</a>		
Community Futures South Fraser		
		Toll-free 1-877-827-8249
Community Living BC (Abbotsford)		
		604-532-4900
<a href="http://www.communitylivingbc.ca/about-us/contact/local-clbc-offices/fraser-region/">http://www.communitylivingbc.ca/about-us/contact/local-clbc-offices/fraser-region/</a>		
<i>Funds innovative projects</i>		
Douglas College Foundations Workplace Skills		
	Abbotsford	604-852-5520
	Chilliwack	604-793-9050
<a href="http://www.douglascollege.ca/programs-courses/training-group/jobs-search-career-development/foundations-workplace-skills">http://www.douglascollege.ca/programs-courses/training-group/jobs-search-career-development/foundations-workplace-skills</a>		
<i>Must be unemployed or working fewer than 20 hours per week</i>		
Dr. Gur Singh Education and Training Endowment Fund Brain Injury Alliance		
<a href="https://www.drgursinghgrants.ca/">https://www.drgursinghgrants.ca/</a>		
<i>Grants for individuals with brain injury and organizations for education and training opportunities.</i>		
Employment Standards Information Line		
		Toll-free 1-800-663-3316
<a href="http://www.labour.gov.bc.ca/esb/">http://www.labour.gov.bc.ca/esb/</a>		
Free Rein Associates Ltd	Boston Bar/Hope	604-869-2279
<a href="http://freereinassociates.ca/">http://freereinassociates.ca/</a>		
F.V. Employment & Support Services Cooperative – Work BC		
		604-796-0266
<a href="http://fvessc.com/services/employment-services">http://fvessc.com/services/employment-services</a>		
<i>Agassiz, Hope &amp; Mission</i>		
Langley Association for Community Living		
		604-534-8611
<a href="http://langleyacl.com/">http://langleyacl.com/</a>		
<i>Must qualify for services by IQ level</i>		
Ministry of Social Development Information Line		
		Toll-free 1-866-866-0800
Mission Association for Community Living		
		604-826-9080
<a href="http://missionacl.org/">http://missionacl.org/</a>		
<i>Must qualify for services by IQ level</i>		
MSA Society for Community Living (Abbotsford)		
		604-852-6800
<a href="http://msasociety.com/">http://msasociety.com/</a>		



Neil Squire Society Employment Program for Persons with Disabilities	604-473-9363
<a href="http://www.neilsquire.ca/">http://www.neilsquire.ca/</a>	Toll-free 1-877-673-4636
<i>Must be unemployed / underemployed and have a physical disability that is a barrier to employment</i>	
Open Door Group (Open Door Social Services Society)	604-876-0773
<a href="http://www.opendoorgroup.org">www.opendoorgroup.org</a>	Toll-free 1-866-377-3670
<i>Helps people to find employment, identifies hiring needs, provides information and support around accommodations and puts forward qualified candidates based on matching skills and abilities. Supports employers to hire persons with disabilities and barriers to employment. Vancouver and Richmond areas only.</i>	
Raincoast Community Rehabilitation Services	604-444-3770
<a href="http://www.raincoastrehab.ca">www.raincoastrehab.ca</a>	Toll-free 1-800-535-9988
<i>Provides vocational assessments and services</i>	
Service Canada Centre	
<a href="http://www.servicecanada.gc.ca/eng/home.shtml">http://www.servicecanada.gc.ca/eng/home.shtml</a>	
	Abbotsford 604-854-5852
	Chilliwack 604-792-1371
Service Canada Centres for Youth (SCCY)	
<a href="http://www.servicecanada.gc.ca">www.servicecanada.gc.ca</a> <a href="http://www.youth.gc.ca">www.youth.gc.ca</a>	
<i>For information about jobs, education, careers or finances</i>	
Strategic Corporate Resolutions Inc.	
<a href="http://strategyforbusiness.com/">http://strategyforbusiness.com/</a>	
	Abbotsford 604-854-6292
Student Services at Thompson Rivers University (Open University)	Toll-free 1-800-663-9711
<a href="http://www.tru.ca/distance/services.html">http://www.tru.ca/distance/services.html</a>	
Triangle Community Resources	
<a href="http://www.triangleresources.com/">http://www.triangleresources.com/</a>	
	Chilliwack 604-792-8000
	Langley 604-539-9850
	Mission 604-814-0052
RITE - 6-week program for men Abbotsford	604-859-0033
WRITE - 6-week program for women Abbotsford	604-854-1500
Aboriginal Outreach Chilliwack	604-792-8000
Vancouver Coastal Open Door Group	Toll-free 1-866-377-3670
<a href="http://opendoorgroup.org/">http://opendoorgroup.org/</a>	
WCG International HR Solutions	Toll-free 1-888-562-9283
<a href="http://www.wcgservices.com/">http://www.wcgservices.com/</a>	



WorkBC <a href="https://www.workbc.ca/">https://www.workbc.ca/</a> <i>Helps people find jobs, explore career options and improve their skills</i>	Toll-free 1-877-952-6914
Work Exploration Program (Kwantlen College – Langley) <a href="http://www.kpu.ca/aca/appd/work-exploration">http://www.kpu.ca/aca/appd/work-exploration</a>	604-599-3215
Workers' Compensation Appeal Tribunal (WCAT) <a href="http://www.wcat.bc.ca/">http://www.wcat.bc.ca/</a>	Toll-free 1-800-663-2782
WorkSafe BC <a href="http://www.worksafebc.com/">http://www.worksafebc.com/</a>	
WorkSafe BC Claim Reporting & Information Centre	Toll-free 1-888-967-5377
WorkSafe Emergency Line (after 4:30 pm)	Toll-free 1-866-922-4357
Workers' Advisors Office <a href="http://www.labour.gov.bc.ca/wab/">http://www.labour.gov.bc.ca/wab/</a> <i>Assists injured workers</i>	Toll-free 1-800-663-4261
Vocational Rehabilitation Program Vancouver Coastal Health <a href="http://www.vch.ca/locations-and-services/find-health-services/?program_id=11791">http://www.vch.ca/locations-and-services/find-health-services/?program_id=11791</a> <i>Provides supportive counselling, assessment and guidance, graduated return-to-work program, liaison with employers and insurance plan consultants, obtaining funding and benefits, by referral.</i>	604-737-6291
Youth Employment Resource Centre (YERC) <a href="http://www.yrc.ca/">http://www.yrc.ca/</a>	
Abbotsford	604-859-9454
Langley	604-534-8874
<i>Free services to unemployed/underemployed youth 15 to 30</i>	



Legal

Chilliwack Community Services	604-792-4267
<a href="http://www.comserv.bc.ca/">http://www.comserv.bc.ca/</a>	604-793-7243
<i>Access to Justice Legal Services: legal information and court preparation provided by volunteer lawyers</i>	
Clicklaw	
<a href="https://www.clicklaw.bc.ca/helpmap/service/1019">https://www.clicklaw.bc.ca/helpmap/service/1019</a>	
<i>Family Justice Centres operate across BC to provide services to British Columbians going through separation or divorce. Each centre is staffed by accredited Family Justice Counsellors, specially trained to help families with parenting arrangements, contact with a child, guardianship, and support issues.</i>	
Disability Law Clinic – DABC	236-427-1108 Toll-free 1-800-663-1278
<a href="https://disabilityalliancebc.org/program/disability-law-clinic/">https://disabilityalliancebc.org/program/disability-law-clinic/</a>	
<i>Provides a Summary Advice and Referral Service which is a free, confidential legal service, directly to persons with disabilities from across BC, on certain disability-related areas of law</i>	
Nidus Personal Planning Resource Centre & Registry Representation Agreement Resource Centre (Vancouver)	604-408-7414
<a href="http://www.nidus.ca/">http://www.nidus.ca/</a>	
<i>Find out about your rights on making health care decisions and what might happen if you become incapable of making decisions (representation agreements, powers of attorney).</i>	
Legal Aid Services	
<a href="http://www.lss.bc.ca/">http://www.lss.bc.ca/</a>	
Greater Vancouver	604-408-2172
Outside Greater Vancouver	Toll-free 1-866-577-2525
UBC Law Students' Legal Advice Program	604-822-5791
<a href="http://www.lslap.bc.ca/">http://www.lslap.bc.ca/</a>	
Transunion Canada	Toll-free 1-800-663-9980
<a href="http://www.transunion.ca/">http://www.transunion.ca/</a>	
<i>For people under threat of being taken advantage of or who are the victims of identity theft.</i>	
Equifax	Toll-free 1-800-465-7166
<a href="http://www.consumer.equifax.ca/home/en_ca">http://www.consumer.equifax.ca/home/en_ca</a>	
<i>For people under threat of being taken advantage of or who are the victims of identity theft.</i>	



## Law Firms Experienced in Brain Injury

*The following is not an exhaustive list of law firms with expertise in brain injury. Inclusion in this package is not an endorsement of services provided by listings or advertisers. For information about law firms with expertise in brain injury for your specific issues, contact Fraser Valley Brain Injury Association at [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913.*

Baker Newby LLP <a href="http://www.bakernewby.com">www.bakernewby.com</a>		
	Abbotsford	604 852-3646
	Chilliwack	604-792-1376
Brain and Injury Law – Collette Parsons Corrin LLP <a href="https://braininjurylaw.ca/">https://braininjurylaw.ca/</a>		604-662-7777 Toll-free 1- 800-999-4991
CBM Law, LLP <a href="https://rdmlawyers.com/">https://rdmlawyers.com/</a>		604-533-3821
David H. Doig & Associates <a href="http://daviddoig.com/">http://daviddoig.com/</a>		604-687-8874
Murphy Battista LLP <a href="http://www.murphybattista.com">www.murphybattista.com</a>		Toll-free 1-888-683-9621
Paine Edmonds, LLP Lawyers <a href="http://www.pelawyers.com/">http://www.pelawyers.com/</a>		604-683-1211
Patten Thornton, Barristers & Solicitors <a href="http://pattenthornton.com/">http://pattenthornton.com/</a>		604-795-9188
RDM Lawyers <a href="https://rdmlawyers.com/">https://rdmlawyers.com/</a>		604-855-2121
Simpson Thomas Associates <a href="https://simpsonthomas.com/">https://simpsonthomas.com/</a>		604-689-8888
Slater Vecchio, LLP <a href="http://www.slatervechio.com/">http://www.slatervechio.com/</a>		604-682-5111
Waterstone Law Corp <a href="http://www.waterstonelaw.com">www.waterstonelaw.com</a>		604-824-7777
Zak & Decker Law <a href="https://www.zakanddeckerlaw.com/">https://www.zakanddeckerlaw.com/</a>		250-372-1221



## Mental Health Services

**Available 24 hours a day. 310-Mental Health: Call 310-6789 (no area code needed) toll-free anywhere in B.C. to access emotional support, information and resources specific to mental health and substance use issues.**

BC Mental Health Services	
<a href="http://www.bcmhsus.ca/">http://www.bcmhsus.ca/</a>	
<i>for questions about mental health issues such as depression and services in your area.</i>	
Canadian Mental Health Association – BC	604-688-3234
<a href="http://www.cmha.bc.ca/">http://www.cmha.bc.ca/</a>	Toll-free 1-800-555-8222
Child & Youth Mental Health	604-514-2711
<a href="http://www.mcf.gov.bc.ca/mental_health/">http://www.mcf.gov.bc.ca/mental_health/</a>	
Mental Health After Hours Service	Toll-free 1-877-384-8062
Mental Health Centres	
<a href="https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health-centres/mental-health-centres#.Xs3Fu2hKjIU">https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health-centres/mental-health-centres#.Xs3Fu2hKjIU</a>	
Abbotsford	604-870-7800
Agassiz Community Health Services	604-793-7160
Chilliwack	604-702-4860
Creative Centre Society (Abbotsford)	604-850-1168
Hope (Adult)	604-860-7733
Langley (Adult)	604-514-7940
Mission	604-814-5600
Mental Health Info Line	Toll-free 1-800-661-2121



[www.fvbia.org](http://www.fvbia.org)

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201 – 2890 Garden St. Abbotsford, BC, V2T 4W7 Ph.: 604-557-1913 T.F.: 1-866-557-1913 Fax: 604-850-2527 [info@fvbia.org](mailto:info@fvbia.org)  
Funded in part by the Province of BC, Brain Injury Alliance & Fraser Health Authority Acquired Brain Injury Services



Know your limit, play within it.







## Multicultural Services

Archway Community Services <a href="https://archway.ca/programs/#newcomers">https://archway.ca/programs/#newcomers</a> <i>Variety of programs for newcomers</i>	604-859-7681
Affiliation of Multicultural Societies and Service Agencies of BC <a href="http://www.amssa.org">www.amssa.org</a> <i>Includes over 75 multicultural agencies providing immigrant settlement &amp; multicultural services. Multicultural Health, Immigrant Settlement &amp; Integration, Multiculturalism &amp; Diversity. Has online resources and research/publications. Links to Lower Mainland Community Services by region</i>	604-718-2780 Toll-free 1-888-355-5560
Chilliwack Community Services <a href="http://www.comserv.bc.ca">www.comserv.bc.ca</a>	604-792-4267
DIVERSEcity Community Resources Society (DCRS) Surrey <a href="http://www.dcrs.ca">www.dcrs.ca</a>	604-597-0205
Immigrant Services Society of BC (ISS) (Vancouver) <a href="http://www.issbc.org">www.issbc.org</a> <i>Provides a variety of services – educational, settlement &amp; employment. Promotes integrated and equitable communities</i>	604-684-2561
Indo Canadian Seniors' Society <a href="http://indocanadianseniorssociety.com/">http://indocanadianseniorssociety.com/</a>	604-591-1795
Langley Community Services Society <a href="http://www.lcss.ca">www.lcss.ca</a>	604-534-7921
Mission Community Services Society (MCSS) <a href="http://www.missioncommunityservices.com">www.missioncommunityservices.com</a>	604-826-3634
Multicultural Helping House Society <a href="http://helpinghouse.org/">http://helpinghouse.org/</a> <i>Settlement assistance, employment, social services, skills enhancement, respite &amp; housing assistance, legal assistance, and education services for new immigrants in many languages.</i>	604-359-1809



Multi-Lingual Orientation Service Association for Immigrant Communities (MOSAIC) (Vancouver)	604-254-9626
<a href="http://www.mosaicbc.com">www.mosaicbc.com</a> <i>Addresses issues affecting immigrants and refugees during settlement and integration. No fee Employment Programs, English Language Centres. Family Programs focusing on Early Childhood Development and Education, Violence Prevention &amp; Counselling, and Youth; Family Support Programs; Multicultural Victim Services Program; Community Outreach; Interpretation &amp; Translation Services</i>	
OPTIONS: Surrey Community Services Society	604-596-4321
<a href="http://www.options.bc.ca">www.options.bc.ca</a>	
Pacific Immigrant Resources Society (PIRS) (Vancouver)	604-298-5888
<a href="http://www.pirs.bc.ca">www.pirs.bc.ca</a> <i>Provides programs and services for immigrant women and their young children. Provides opportunities to develop knowledge, skills and confidence needed to participate more actively in the community. More than 40 different languages spoken</i>	
Progressive Intercultural Community Services Society (PICS)	604-596-7722
<a href="http://www.pics.bc.ca">www.pics.bc.ca</a>	
SUCCESS (Vancouver)	604-684-1628
<a href="http://www.successbc.ca">www.successbc.ca</a> <i>Offers advocacy, social, educational and health services to persons of diverse ethnic descent</i>	
Vancouver Multicultural Society	604-731-4648
<a href="http://www.vlmfss.ca/web/index.php">http://www.vlmfss.ca/web/index.php</a> <i>Represents ethno-cultural communities in the Lower Mainland. Coordinates public education and advocacy projects that increase knowledge and acceptance of diversity issues, human rights &amp; anti-racism</i>	



## Recreation and Leisure

Please contact the recreation/leisure centre in your area for information regarding how to qualify for discount prices based on income or disability, or for adapted programs.

<b>Leisure Centres</b>	
<b>Abbotsford:</b>	
Abbotsford Recreation Centre	604-853-4221
Matsqui Recreation Centre <a href="http://www.abbotsford.ca/leisure/recreation/facilities.htm">http://www.abbotsford.ca/leisure/recreation/facilities.htm</a>	604-855-0500
Taoist Tai Chi Society <a href="http://www.taoist.org">www.taoist.org</a> <i>Offers regular tai chi classes only</i>	604-795-4040
<b>Aldergrove:</b>	
Aldergrove Kinsmen Community Centre <a href="http://www.tol.ca/Parks-Recreation/Recreation-Centres/Aldergrove-Kinsmen-Centre">http://www.tol.ca/Parks-Recreation/Recreation-Centres/Aldergrove-Kinsmen-Centre</a>	604-856-2899
Encompass Services Society <a href="http://www.encompass-supports.com/">http://www.encompass-supports.com/</a>	604-857-4662
<b>Chilliwack:</b>	
Cheam Leisure Centre (YMCA) <a href="http://www.myreccentre.com/facilities/cheam-leisure-centre">http://www.myreccentre.com/facilities/cheam-leisure-centre</a>	604-824-0231
Chilliwack Family YMCA <a href="https://www.vanymca.org/centres/chilliwack">https://www.vanymca.org/centres/chilliwack</a> <i>Has adapted aquatics (4 levels) and pool is accessible via lift</i>	604-792-3371
Chilliwack Landing Leisure Centre <a href="http://www.myreccentre.com/">http://www.myreccentre.com/</a>	604-793-7946
Royal Canadian Legion Branch #280 5661 Vedder Road, Chilliwack, BC V2R 3N5. <i>Offers drop-in activities such as bingo, darts, and Friday night dances. Small fee to attend events. No registration required.</i>	604-858-3600



Fraser Valley Brain Injury Association Community Leisure Program <a href="http://www.fvbia.org">www.fvbia.org</a>	604-557-1913 Toll-free 1-866-557-1913
<i>Drop in leisure activities &amp; support for adults with acquired brain injuries. Must have medical proof of injury.</i>	
Hope Recreation Centre <a href="http://www.fvrd.bc.ca/Services/HopeRecreationandCulture/Pages/">http://www.fvrd.bc.ca/Services/HopeRecreationandCulture/Pages/</a>	604-869-2304
<b>Langley:</b>	
Al Anderson Memorial Pool <a href="http://www.tourism-langley.ca/Experience/Activities-and-Recreation/Parks-and-Rec-Centres">http://www.tourism-langley.ca/Experience/Activities-and-Recreation/Parks-and-Rec-Centres</a>	604-514-2860
City of Langley, Parks & Recreation: Active Aging <a href="https://city.langley.bc.ca/parks-recreation/recreation/active-aging">https://city.langley.bc.ca/parks-recreation/recreation/active-aging</a>	604-514-2940 604-514-2685
<i>Whether you are looking for social opportunities, fitness classes, dance programs, photography or sports... there is something for all ages, abilities and interests.</i>	
Equilibria Therapeutics <a href="https://www.equilibriatherapeutics.com/">https://www.equilibriatherapeutics.com/</a>	778-241-5256
<i>Equine facilitated learning for clients suffering from traumatic brain injury, post-concussion, or other related conditions.</i>	
Langley Senior Resources Society <a href="https://lsrs.ca/">https://lsrs.ca/</a>	604-530-3020
<i>Offers information and referral to many programs, social groups and recreation including Coffee &amp; Connecting Support Group &amp; Caregivers Support Group, housing and government forms assistance, and Better at Home services when funding is available.</i>	
Pacific Riding for Developing Abilities (PRDA) <a href="http://www.prda.ca/">http://www.prda.ca/</a>	604-530-8717
<i>Offers therapeutic equestrian activities and educational opportunities for people with disabilities</i>	
Taoist Tai Chi Society, Surrey/Langley <a href="http://www.taoist.org">www.taoist.org</a>	604-507-0700
<i>Offers adapted tai chi classes</i>	
Valley Therapeutic Equestrian Association <a href="http://vtea.ca/index.htm">http://vtea.ca/index.htm</a>	604-857-1267
<i>Offers horseback riding opportunities for people with disabilities</i>	



Walnut Grove Community Centre <a href="http://hcma.ca/walnut-grove-community-centre/">http://hcma.ca/walnut-grove-community-centre/</a>	604-882-0408
W.C. Blair Recreation Centre <a href="http://www.tol.ca/Parks-Recreation/Recreation-Centres/WC-Blair-Recreation-Centre">http://www.tol.ca/Parks-Recreation/Recreation-Centres/WC-Blair-Recreation-Centre</a>	604-533-6170
<b>Mission:</b>	
Mission Leisure Centre <a href="http://www.mission.ca/municipal-hall/departments/parks-recreation-culture/">http://www.mission.ca/municipal-hall/departments/parks-recreation-culture/</a>	604-820-5350
<b>Lower Mainland:</b>	
Strive Living Society <a href="http://striveliving.ca/adults-services/community-leisure-program/">http://striveliving.ca/adults-services/community-leisure-program/</a> <i>A community-based individualized day program for people with brain injuries operating week days, focussing on leisure, social and recreational activities. Based in New Westminster and Surrey. Referral from Fraser Health ABI required.</i>	604-936-9944
BC Mobility Opportunities Society (Disability Foundation) <a href="http://www.disabilityfoundation.org">www.disabilityfoundation.org</a> <i>Provides challenging outdoor recreation activities.</i>	604-688-6464
BC Wheelchair Sports Association (Vancouver) <a href="http://bcwheelchairsports.com/">http://bcwheelchairsports.com/</a> <i>Provides opportunities for athletes with physical disabilities.</i>	604-333-3520
Disabled Sailing Association of BC <a href="http://www.disabledsailingbc.org">www.disabledsailingbc.org</a> <i>Offers supported sailing instruction in adapted sailboats</i>	604-688-6464
Disabled Skiers Association of BC (DSABC) (Richmond) <a href="https://www.bcadaptive.com/">https://www.bcadaptive.com/</a> <i>Offers adaptive snow sports</i>	604-333-3630
Friday Frappe Frenzy (B.R.A.I.N.) <i>Monthly Coffee meeting for adults with acquired brain injuries in New Westminster.</i>	604-540-9234



Gardening DIGA (Disabled Independent Gardeners Association) <a href="http://www.disabilityfoundation.org/diga">www.disabilityfoundation.org/diga</a>	604-688-6464
<i>Adaptations for various types of gardens and equipment, workshops</i>	
Jewish Community Centre of Greater Vancouver <a href="https://www.jccgv.com/">https://www.jccgv.com/</a>	604-257-5111
<i>Offers weekly rehab swim classes, skills and exercises</i>	
Kickstart (Disability Arts & Culture), Burnaby <a href="http://www.kickstart-arts.ca">www.kickstart-arts.ca</a>	604-292-1296
Stan Stronge Pool (Out of George Pearson Centre) <a href="http://vancouver.ca/parks-recreation-culture/adapted-swimming-at-stan-stonge-pool.aspx">http://vancouver.ca/parks-recreation-culture/adapted-swimming-at-stan-stonge-pool.aspx</a>	604-321-3231
<i>A warm, wheelchair accessible pool offering learn to swim lessons, exercise and recreational swimming. (A medical form is needed for access).</i>	
Stand up for Mental Health <a href="http://www.standupformentalhealth.com">www.standupformentalhealth.com</a>	604-205-9242
<i>Stand up comedy performed by mental health consumers &amp; people with brain injuries.</i>	
Surrey Parks, Recreation & Culture <a href="http://surrey.ca/3464.aspx">http://surrey.ca/3464.aspx</a>	604-502-6321
Accessibility and Inclusion	604-502-6353
Taoist Tai Chi Society, Vancouver <a href="http://www.taoist.org">www.taoist.org</a>	604-681-6609
<i>Offers adaptive tai chi classes</i>	
Vancouver Adapted Music Society (VAMS) <a href="http://vams.org/">http://vams.org/</a>	604-688-6464
<i>Provides equipment allowing involvement in making music and performing</i>	
Vancouver Adapted Snow Sports (VASS) <a href="http://www.vass.ca/">http://www.vass.ca/</a>	604-646-8277
<i>Offers ski and snowboard programs at Grouse, Seymour and Cypress Mountains for people with disabilities.</i>	
Vancouver Parks Board Adapted Programs (Access Services) <a href="http://vancouver.ca/parks-recreation-culture/adapted-and-integrated-programs.aspx">http://vancouver.ca/parks-recreation-culture/adapted-and-integrated-programs.aspx</a>	604-257-8500
<i>Offers a wide range of adapted programs and facilities for people with disabilities.</i>	



## Rehabilitation After Brain Injury

After a brain injury, every person's need and abilities are different. Many people will have a rehabilitation program programmed specifically for them. Rehabilitation programs often will involve many types of healthcare providers such as:

**Counsellors:** *Counsellors help you solve problems and develop problem-solving skills by helping you clarify issues and explore your options.*

**Family Doctors:** *Family doctors are experts in diagnosing and treating the whole person. They care for patients in the office, the hospital, other health care facilities or the patient's home.*

**Kinesiologist:** *A kinesiologist can help you find the best way to move your body, strengthen muscles, improve range of motion, reduce pain, and prevent further injuries.*

**Occupational Therapists:** *An occupational therapist focuses on improving the individual's ability to perform activities of daily living*

**Physical Therapists:** *Physical therapy focuses on improving the individual's ability to move their body*

**Physiotherapists:** *Physiotherapists use evidence informed knowledge of anatomy, kinesiology and physiology to assess, treat, and manage pain, injuries, movement dysfunctions and chronic conditions.*

**Psychologists:** *Psychologists study and help treat cognitive, emotional, and social processes and behaviours. They seek to understand and explain thoughts, emotions, feelings, and behaviour.*

**Social Workers:** *Social Workers make assessments and develop intervention plans to connect clients to resources; provide counselling and support services; mediate conflict; advocate for services; and strengthen clients' capacity to successfully manage their problems.*

**Speech and Language Therapists:** *Speech and language therapists help individuals that may need help with pronouncing speech sounds, understanding and using spoken language, speaking smoothly and easily, reading and writing, eating, feeding, and swallowing.*

## Rehabilitation: Find a Healthcare Provider

Counsellors:

Registered Clinical Counsellors: [BC Association of Clinical Counsellors](#)

Canadian Certified Counsellors: [Canadian Counselling and Psychotherapy Association](#)

Canadian Professional Counsellors: [Canadian Professional Counsellors Association](#)

Family Doctors: <https://www.findadoctorbc.ca/>

Kinesiologists: <https://bcak.bc.ca/find-a-kinesiologist/>

Occupational Therapists: <https://caot.ca/site/findot>

Physical Therapists: <https://bcphysio.org/find-a-physio>

Physiotherapists: <https://bcphysio.org/find-a-physio>

Psychologists: <https://referral.psychologists.bc.ca>

Social Workers: <http://findasocialworker.ca/BC/en/default.asp>

Speech and Language Therapists:

<https://speechandhearingbc.ca/#professional-map>





## Rehabilitation Services

*Please note: Inclusion in this Information and Resource Manual does not imply an endorsement by the Fraser Valley Brain Injury Association nor does it guarantee eligibility for services. This list does not include every rehabilitation company or every type of service they offer. Each organization has its own criteria for providing services and may provide services for a fee.*

Acquired Brain Injury Program (Vancouver Coastal Health/ GF Strong Rehabilitation Centre)	604-737-6335
<a href="http://www.vch.ca/your-health/health-topics/acquired-brain-injury">http://www.vch.ca/your-health/health-topics/acquired-brain-injury</a> <i>Offers inpatient, outpatient and outreach services</i>	
Back in Motion (Richmond)	604-273-7600
<a href="http://www.backinmotion.com">www.backinmotion.com</a> Direct line	604-233-2348
<i>An early intervention program for people with mild TBI</i>	
BC Rehab Foundation (Non-profit located at GF Strong)	604-737-6383
<a href="http://www.bcrehab.com">www.bcrehab.com</a> <i>Supports people with disabilities throughout BC through education, research, activities, recreation and wellness programs</i>	
Brain Injury and Concussion Services (Fraser Health Authority)	604-514-7460
<a href="https://www.fraserhealth.ca/Service-Directory/Services/Clinics/acquired-brain-injury-services">https://www.fraserhealth.ca/Service-Directory/Services/Clinics/acquired-brain-injury-services</a> <i>Provides education and support to persons with a mild-severe brain injury.</i>	
Columbia Speech and Language Services	604-875-9100
<a href="http://www.columbiaspeech.com/">http://www.columbiaspeech.com/</a> <i>Work with people who have communication disorders from a brain injury: Word-finding problems, disorganized or perseverative speech, difficulty understanding what is heard or read.</i>	
Community Therapists or CTI (Occupational Therapy)	604-681-9293
<a href="http://www.communitytherapists.com">www.communitytherapists.com</a> <i>Offers rehabilitation services for people with mild to severe brain injury - education, functional assessments, at-home help. Links people to local community resources</i>	
Cridge Centre for the Family	250-384-8058
<a href="https://cridge.org/bis/">https://cridge.org/bis/</a> <i>Provides brain injury services in Greater Victoria.</i>	
Infinity Health	778-858-8440
<a href="http://infinityhealth.ca/">http://infinityhealth.ca/</a> <i>Occupational Therapists, Physiotherapists and Kinesiologists</i>	





Lifemark (Vancouver) <a href="http://www.lifemark.ca/">http://www.lifemark.ca/</a>	604-687-5911
<i>A Concussion Clinic for people who are at least 6 months post-injury. Insurance referrals only; fee for service; province-wide</i>	
Parley Services <a href="http://www.parleyservices.com">www.parleyservices.com</a>	778-331-0964
<i>Offers support management services focusing on behavioural problems and psychosocial needs</i>	
Raincoast Community Rehabilitation Services <a href="http://www.raincoastrehab.ca">www.raincoastrehab.ca</a>	604-444-3770 Toll-free 1-800-535-9988
<i>Specializes in community-based assessment, rehabilitation and treatment, vocational assessments and services, and long-term support for people with TBI. Provides cognitive, psychosocial and physical rehabilitation in the community. Litigation services</i>	
Spectrum Society for Community Living –Brain Injury Program <a href="http://www.spectrumsociety.org">www.spectrumsociety.org</a>	604-323-1433
<i>A community-based program offering individualized one-to-one lifeskills support, assisting people to maintain the highest level of independence. Includes physical rehabilitation therapy, vocational support, lifeskills</i>	
Symmetry Injury Rehabilitation <a href="http://www.symmetryrehab.ca/">http://www.symmetryrehab.ca/</a>	604-751-0280
<i>Integrated team of Occupational Therapists, Kinesiologists, Athletic Therapists, and Rehabilitative Assistants</i>	



## Rehabilitation: Occupational Therapy

An Occupational Therapist focuses on improving the individual's ability to perform activities of daily living.

Contact Fraser Valley Brain Injury Association at [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for Occupational Therapists in your area who have experience working with people with acquired brain injury. Many rehabilitation companies also offer Occupational Therapy services.

Back in Motion Health <a href="https://backinmotionhealth.com/">https://backinmotionhealth.com/</a>	1-866-205-9000
British Columbia Society of Occupational Therapists <a href="http://www.bcsot.org">www.bcsot.org</a> <i>Find a qualified Occupational Therapist in your area</i>	604-736-5645 Toll-free 1-888-736-5645
CBI Health <a href="https://www.cbihealth.ca/locations/fraser-valley">https://www.cbihealth.ca/locations/fraser-valley</a>	604-852-5655
Community Therapists <a href="https://www.communitytherapists.com/">https://www.communitytherapists.com/</a>	Toll-free 1-800-591-9477
Infinity Health <a href="https://infinityhealth.ca/">https://infinityhealth.ca/</a>	778-278-1179
OTWorks <a href="https://www.ot-works.com/">https://www.ot-works.com/</a>	604-698-1066
Turning Point Rehabilitation <a href="http://turningpointrehab.com">http://turningpointrehab.com</a> <i>Rehabilitation services to people of all ages who have experienced traumatic injuries including complex orthopedic, brain injuries (mild to severe) and soft tissue injuries.</i>	604-536- 5728

Please note that inclusion in this Information and Resource Manual does not imply an endorsement by the Fraser Valley Brain Injury Association nor does it guarantee eligibility for services. This list does not include every rehabilitation company that provides Occupational Therapy.



## Rehabilitation: Speech & Language Therapy

Speech and language therapists help individuals that may need help with pronouncing speech sounds, understanding and using spoken language, speaking smoothly and easily, reading and writing, eating, feeding, and swallowing.

Contact Fraser Valley Brain Injury Association at [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for Speech and Language Therapists in your area who have experience working with people with acquired brain injury.

Advantage Speech and Language <a href="http://www.advantageslp.com/">http://www.advantageslp.com/</a>	604-370-2757
BC Association of Speech Language Pathologists <a href="http://www.bcaslpa.ca/">http://www.bcaslpa.ca/</a>	604-420-2222
Columbia Speech and Language Services Inc. <a href="https://www.columbiaspeech.com/">https://www.columbiaspeech.com/</a>	604-875-9100
<b>Stroke Recovery:</b>	
AfterStokeBC <a href="http://www.strokerecoverybc.ca">www.strokerecoverybc.ca</a>	
Administrative Office	604-688-3603
National Stroke Line	Toll Free 1-888-540-6666
<i>After Stroke BC is a personalized stroke recovery program that helps survivors and their families navigate the path forward after a stroke.</i>	



## Rehabilitation: Physiotherapy

Physiotherapists use evidence informed knowledge of anatomy, kinesiology and physiology to assess, treat, and manage pain, injuries, movement dysfunctions and chronic conditions.

<b>Abbotsford:</b>	
Abbotsford Chiropractic Center	604-852-5133
<a href="http://www.abbotsfordchiropractic.ca/">http://www.abbotsfordchiropractic.ca/</a>	
Abbotsford Sports & Orthopaedic Physiotherapy	604-855-5157
<a href="http://www.abbyphysio.com/">http://www.abbyphysio.com/</a>	
CBI Physiotherapy & Rehabilitation Centre	604-852-5655
<a href="http://www.cbi.ca/web/centres">http://www.cbi.ca/web/centres</a>	
4-34252 Marshall Road, Abbotsford	
Glenn Mountain Orthopaedic & Sports Physiotherapy Rehabilitation Centre	604-557-0198
<a href="http://www.glenmountainphysiotherapy.com/">http://www.glenmountainphysiotherapy.com/</a>	
McCallum Physiotherapy Clinic	604-853-3443
<a href="http://bcphysio.org/content/mccallum-physiotherapy-clinic">http://bcphysio.org/content/mccallum-physiotherapy-clinic</a>	
OASIS (Orthopaedic & Sports Injury Services)	604-855-0155
<a href="http://bcphysio.org/content/orthopaedic-and-sports-injury-services-oasis">http://bcphysio.org/content/orthopaedic-and-sports-injury-services-oasis</a>	
Pro Motion Physiotherapy & Sports Injury Clinic	604-852-3180
<a href="http://www.promotionphysio.com/">http://www.promotionphysio.com/</a>	
Sport & Spine Physiotherapy	604-854-3545
<a href="http://www.cbi.ca/web/physio-abbotsfordrailway">http://www.cbi.ca/web/physio-abbotsfordrailway</a>	
<b>Aldergrove:</b>	
Aldergrove Physiotherapy & Rehabilitation Clinic	604-607-1414
<a href="http://bcphysio.org/content/aldergrove-physiotherapy-rehabilitation-centre">http://bcphysio.org/content/aldergrove-physiotherapy-rehabilitation-centre</a>	



<b>Chilliwack:</b>	
Fraser Valley Physiotherapy & Rehabilitation Centre <a href="http://www.fraservalleyphysio.com/">http://www.fraservalleyphysio.com/</a>	604-792-2141
Intuitive Independence Rehabilitation Services of Chilliwack <a href="http://www.intuitiverehab.ca">www.intuitiverehab.ca</a>	604-799-1834
Lock Physiotherapist Corp <a href="http://bcphysio.org/content/lock-physiotherapist-corporation-home-visits">http://bcphysio.org/content/lock-physiotherapist-corporation-home-visits</a>	604-819-4248 604-792-6979
<b>Langley:</b>	
CBI Health Services <a href="https://www.cbi.ca/web/physiotherapy-langley-202-oasis">https://www.cbi.ca/web/physiotherapy-langley-202-oasis</a>	604-881-0155
Infinity Health <a href="http://infinityhealth.ca/">http://infinityhealth.ca/</a> <i>Occupational Therapists, Physiotherapists and Kinesiologists</i>	778-858-8440
JR Rehab Services <a href="http://www.jrrehab.ca/">http://www.jrrehab.ca/</a>	604-254-0444
Langley Physiotherapy Clinic <a href="http://www.langleyphysiotherapy.com/">http://www.langleyphysiotherapy.com/</a>	604-530-6511
<b>Mission:</b>	
Cedar Valley Physiotherapy & Pain Clinic <a href="http://www.cedarvalleyphysio.com/">http://www.cedarvalleyphysio.com/</a>	604-814-3336
McRae Avenue Physiotherapy Clinic <a href="http://bcphysio.org/content/mcrae-avenue-physiotherapy-clinic">http://bcphysio.org/content/mcrae-avenue-physiotherapy-clinic</a>	604-820-1808
OASIS Physiotherapy Mission <a href="http://www.oasismissionphysio.com">http://www.oasismissionphysio.com</a>	604-820-8285



<b>Rehabilitation Services: Other</b>	
Abbotsford ACM Care Centre <a href="http://www.acmcare.com/">http://www.acmcare.com/</a> <i>For Pain &amp; Stress Control, Anxiety &amp; Depression</i>	604-850-1088
Canadian Art Therapy Association (CATA) <a href="http://www.canadianarttherapy.org">www.canadianarttherapy.org</a>	
Cedar Valley Physiotherapy & Pain Clinic <a href="http://www.cedarvalleyphysio.com/">http://www.cedarvalleyphysio.com/</a>	604-814-3336
Mission Acupuncture Clinic <a href="https://missionacupuncture.ca/">https://missionacupuncture.ca/</a>	604-820-8243
Murrayville Acupuncture <a href="http://murrayville-acupuncture.langleydirect.info/">http://murrayville-acupuncture.langleydirect.info/</a>	604-308-6342
Orion Health Rehabilitation & Assessment Centres <a href="https://www.orionhealth.net/programs-and-services/">https://www.orionhealth.net/programs-and-services/</a> <i>Brain Injury Rehab. Burnaby, New Westminster, Vancouver, Surrey</i>	
Sumas Mountain Chiropractic & Acupuncture <a href="http://www.sumasmtchiropractic.com/index.php?p=240530">http://www.sumasmtchiropractic.com/index.php?p=240530</a>	604-852-3930





## Seniors Services

Archway Community Services – Seniors <a href="https://archway.ca/programs/#seniors">https://archway.ca/programs/#seniors</a>	604-870-3772
<i>Meals on Wheels, medical transportation, Community Response Network</i>	604-870-3764
Abbotsford Peer Support for Seniors <a href="http://www.abbotsfordpeersupportforseniors.ca/">http://www.abbotsfordpeersupportforseniors.ca/</a>	604-850-0011
Abbotsford Seniors Association <a href="http://www.abbysocialactivityassoc.com/">http://www.abbysocialactivityassoc.com/</a>	604-853-4014
<i>Drop In Centre, social activities, wellness checkups, computer classes</i>	
Ability411 <a href="https://www.ability411.ca/about-us/contact">https://www.ability411.ca/about-us/contact</a>	
<i>Ability411 is a web-based service that provides practical information about assistive technologies and equipment to BC seniors, their family members and their health providers.</i>	
Aldergrove Veterans and Seniors Society	604-856-3271
BC Association of Community Response Networks <a href="https://bccrns.ca/resources/crn-directory">https://bccrns.ca/resources/crn-directory</a>	
<i>CRNs facilitate prevention and education activities with local stakeholders, by supporting a coordinated response to abuse, neglect and self neglect of vulnerable adults in BC.</i>	
Bus Passes for Seniors <a href="http://www.sd.gov.bc.ca/programs/bus-pass.html">http://www.sd.gov.bc.ca/programs/bus-pass.html</a>	Toll-free 1-866-866-0800
Chilliwack Landing Leisure Centre <a href="http://www.myreccentre.com/index.php/locations/chilliwack-landing-leisure-centre">http://www.myreccentre.com/index.php/locations/chilliwack-landing-leisure-centre</a>	604-793-7946
Chilliwack Community Services (4 offices) <a href="http://www.comserv.bc.ca/">http://www.comserv.bc.ca/</a>	604-792-4267
<i>Offers a variety of services including Seniors Advocate, assistance with income tax &amp; government forms, specialized victim assistance</i>	



Chilliwack Elder College <a href="http://www.chilliwackeldercollege.ca">www.chilliwackeldercollege.ca</a>	604-702-2611
<i>Provides adults over the age of 50 with education and learning opportunities that enrich their lives and expand their knowledge. Partnered with the University of the Fraser Valley.</i>	
Chilliwack Senior Services (Parks Info City of Chilliwack) <a href="http://www.chilliwack.com/main/page.cfm?id=131">http://www.chilliwack.com/main/page.cfm?id=131</a>	604-793-2904
Chilliwack & District Seniors Resources Society <a href="http://www.cdsrs.ca">http://www.cdsrs.ca</a>	604-793-9979
<i>Offers a variety of services &amp; programs: social recreation, activities, education, housing, day programs, grocery shopping, bus tours, assistance with forms &amp; letters</i>	
Chilliwack Quilters' Guild <a href="http://www.chilliwackquiltersguild.com/">http://www.chilliwackquiltersguild.com/</a>	
Chilliwack Seniors Peer Counselling	604-793-7204
<i>Volunteer counselling with the goal of helping maintain the mental health and wellbeing of older adults through peer support</i>	
Driving Miss Daisy Seniors Services <a href="http://www.drivingmissdaisy.ca">http://www.drivingmissdaisy.ca</a>	Toll-free 1-877-613-2479
<i>Provides accompaniment and assistance with transportation.</i>	
Friendship House Society (Abbotsford)	604-853-9716
Health Canada <a href="http://www.seniors.gc.ca">www.seniors.gc.ca</a> <a href="http://www.hc-sc.gc.ca">www.hc-sc.gc.ca</a> <i>Printable "Services for Seniors Guide"</i>	
Health and Seniors Information Line <a href="http://www.health.gov.bc.ca/navigation/1-800.html">http://www.health.gov.bc.ca/navigation/1-800.html</a>	Toll-free 1-800-465-4911
Indo Canadian Seniors Society <a href="http://indocanadianseniorssociety.com/">http://indocanadianseniorssociety.com/</a>	604-591-1795
Mission Seniors Connection <a href="http://www.missioncommunityservices.com/seniors-connection.html">http://www.missioncommunityservices.com/seniors-connection.html</a>	604-826-3634





Mount Cheam Lions Club Lunch Program <i>Offers bingo, chair exercises, and a three-course lunch. Small fee required for bingo and lunch.</i>	604-792-3810
Old Age Pensioner Organization (OAPO) <i>Offers dinners, activities, Bridge &amp; Crib nights, and more. Membership is \$15.00 yearly. Call for more information and to register.</i>	604-858-6770
Old Age Security & Canada Pension Plan <a href="https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html">https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html</a>	Toll-free 1-800-277-9914
Seniors First BC Seniors Help and Information Line <a href="http://seniorsfirstbc.ca/">http://seniorsfirstbc.ca/</a> <i>Provides assistance and support to those who are or may be abused or whose rights have been violated</i>	604-668-1927
The Care Guide <a href="https://www.thecareguide.com/">https://www.thecareguide.com/</a> <i>Online information source that provides insights into elder care and housing solutions.</i>	Toll-free 1-800-311-CARE (2273)
SAFER (Shelter Aid for Elderly Renters) <a href="http://www.bchousing.org">www.bchousing.org</a> <i>Seniors Supportive Housing, Helps make rents affordable for BC seniors with low to moderate incomes. Accessible, affordable housing with support services</i>	604-433-2218 Toll-free 1-800-257-7756
Seniors' Supplement <a href="http://www.eia.gov.bc.ca/publicat/VOL1/Part3/3-3.htm">http://www.eia.gov.bc.ca/publicat/VOL1/Part3/3-3.htm</a>	Toll-free 1-877-815-2363



## Sexual Health

Brain Wave Harmony <a href="http://www.brainwaveharmony.ca">www.brainwaveharmony.ca</a> <i>Balances and optimizes brain to assist with sexual function</i>	778-278-2220
Options for Sexual Health, Vancouver <a href="http://www.optionsforsexualhealth.org">www.optionsforsexualhealth.org</a> <i>Offers clinics, education services, advocacy, LGBT Service Options</i>	604-731-4252
Sexual Health Services at GF Strong Rehabilitation Centre/ Vancouver Hospital & Health Sciences Centre <a href="http://www.gfstrong.vch.ca">www.gfstrong.vch.ca</a> <i>Provides information and education services. Physician's referral required</i>	604-737-6233
The Sex Information and Education Council of Canada (SIECCAN) <a href="http://www.sieccan.org">www.sieccan.org</a> <i>Articles from "The Canadian Journal of Human Sexuality"</i>	416-466-5304
Spinal Cord Network <a href="http://www.spinalcordinjury.org">http://www.spinalcordinjury.org</a>	Toll-free 1-800-548-2673
Sunny Hill Education Resource Centre (SHERC) <a href="https://libraries.phsa.ca/fsrc">https://libraries.phsa.ca/fsrc</a> <i>Offers a free lending library of sexuality and disability related resources.</i>	



## Thrift Stores

<b>Abbotsford:</b>	
Bibles for Mission Society	604-854-6682
Life's Second Chance Thrift Store <a href="http://liferecovery.ca/thrift-store">http://liferecovery.ca/thrift-store</a>	604-854-5928
MCC Thrift Shops <a href="http://thrift.mcc.org/shop">http://thrift.mcc.org/shop</a>	
Salvation Army Thrift Store <a href="http://www.thriftstore.ca/british-columbia">http://www.thriftstore.ca/british-columbia</a>	604-852-9305
Value Village <a href="http://www.valuevillage.com/find-a-thrift-store">http://www.valuevillage.com/find-a-thrift-store</a>	604-850-3712
<b>Agassiz:</b>	
Agassiz-Harrison Community Thrift Store <a href="http://www.agassiz-harrisoncs.ca/">http://www.agassiz-harrisoncs.ca/</a>	604-796-9932
<b>Chilliwack:</b>	
Bibles for Missions Thrift Shop	604-793-1996
Chilliwack Hospital Auxiliary Thrift Shoppe <a href="https://chilliwackhospitalauxiliary.wordpress.com/thrift-shoppe">https://chilliwackhospitalauxiliary.wordpress.com/thrift-shoppe</a>	604-793-9222
MCC Thrift Store <a href="http://thrift.mcc.org">http://thrift.mcc.org</a>	604-792-3731
MCC Yarrow Thrift Shop <a href="http://thrift.mcc.org">http://thrift.mcc.org</a>	604-823-4344
Salvation Army Soup Kitchen/Food Bank <a href="http://www.salvationarmychilliwack.ca">http://www.salvationarmychilliwack.ca</a>	604-792-0001
The Chilliwack Lions Club Flea Market <a href="https://lionsfleamarket.wordpress.com">https://lionsfleamarket.wordpress.com</a>	604-792-3483
Thrifty Boutique (Chilliwack Hospice Society) <a href="http://www.chilliwackhospice.org/thrifty-boutique">http://www.chilliwackhospice.org/thrifty-boutique</a>	604-846-2226



Value Village <a href="http://www.valuevillage.com">http://www.valuevillage.com</a>	604-847-0667
<b>Langley:</b>	
Langley Salvation Army Thrift Store <a href="http://www.thriftstore.ca/british-columbia">http://www.thriftstore.ca/british-columbia</a>	604-530-1321
<b>Mission:</b>	
MCC Thrift & Furniture Shop <a href="http://thrift.mcc.org">http://thrift.mcc.org</a>	604-826-1515





## Transportation/Driving

<b>Community Drivers:</b>	
Archway Community Services	604-859-7681
<a href="https://archway.ca/program/medical-transportation/">https://archway.ca/program/medical-transportation/</a>	
<i>Provides rides to medical and therapy appointments. Run by volunteers</i>	
HandyDART	
<a href="https://www.translink.ca/rider-guide/transit-accessibility/handydart">https://www.translink.ca/rider-guide/transit-accessibility/handydart</a>	
Abbotsford & Mission	604-855-0080
Chilliwack	604-795-5121
Langley/Surrey/White Rock/Aldergrove	604-575-6600
<i>Register first at Access Transit</i>	778-452-2860
<b>Driver Rehabilitation and Testing:</b>	
Access Driver Rehab Specialists	604-263-5218
<a href="http://www.accessdriverrehab.com/">http://www.accessdriverrehab.com/</a>	
CBI Health Group	Toll-free 1-800-463-2225
<a href="https://www.cbi.ca/services/driving-assessment">https://www.cbi.ca/services/driving-assessment</a>	
Community Therapists "Functional Driving Evaluation"	604-681-9293
<a href="http://www.communitytherapists.com">www.communitytherapists.com</a>	
<i>Driver Rehabilitation conducted by OTs in partnership with Physician, driving instructor and the Driver Fitness Program</i>	
Drivefit Insight Driving	Toll-free 1-888-475-4666
<a href="https://drivefit.ca/">https://drivefit.ca/</a>	
Driver Rehabilitation Program George Pearson Centre/GF Strong	604-322-8335
<a href="http://www.vch.ca/Locations-Services/result?res_id=1277">http://www.vch.ca/Locations-Services/result?res_id=1277</a>	
<i>Offers in-clinic assessments, on-road assessments, on-road rehabilitation, lessons and vehicle/equipment assessments.</i>	
Functional Independence Therapy (FIT) Consultants	604-263-5286
<i>Offers adapted driving assessments, low vision driving assessments, equipment consultations, on-road lessons, Province-wide mobile service</i>	
Holy Family Hospital Driver Rehabilitation Program	604-322-2617
<a href="http://www.providencehealthcare.org/hospitals-residences/holy-family-hospital">http://www.providencehealthcare.org/hospitals-residences/holy-family-hospital</a>	
<i>Offers driver screening, driving assessments and lessons. Serves Vancouver area.</i>	



JR Rehab Services	604-254-0444
<a href="https://www.jrrehab.ca/services/occupational-therapists/comprehensive-driver-evaluation/">https://www.jrrehab.ca/services/occupational-therapists/comprehensive-driver-evaluation/</a>	Toll-free 1-844-254-0444
Insurance Corporation of BC (ICBC)	604-661-2800
<a href="http://www.icbc.com/Pages/default.aspx">http://www.icbc.com/Pages/default.aspx</a>	
Driver Licensing Centre/General Enquiries	Toll-free 1-800-663-3051
Driver Licensing Services	Toll-free 1-800-950-1498
Road Test Booking Line	1-888-715-7775
Road Safety BC/Superintendent of Motor Vehicles	250-387-7747
<a href="https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/road-safety-rules-and-consequences/organizational-structure-and-partnerships/about-roadsafetybc">https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/road-safety-rules-and-consequences/organizational-structure-and-partnerships/about-roadsafetybc</a>	Toll-free 1-855-387-7747
	Toll-Free through Enquiry BC 1-800-663-7867
Brainstreams.ca	
<a href="https://www.brainstreams.ca/learn/living-life/driving-again/">https://www.brainstreams.ca/learn/living-life/driving-again/</a>	
<i>Information on driving after brain injury and service providers, navigating ICBC's system.</i>	

*The cognitive, emotional and physical changes associated with brain injury can affect a person's driving ability. Problems with attention, concentration, judgment, problem solving, decision-making and speed of information processing can all lead to unsafe driving practices.*

*Noise and sights may cause distraction, irritation and/or agitation. Physical changes may affect the ability to control a vehicle, and reflexes and reaction times may be slower. Poor visual/auditory and perceptual skills also have an effect on a person's ability to drive safely. When these problems occur, a comprehensive driving evaluation by a driver rehabilitation specialist can assist with determination of safe driving potential.*

**BC Driver Rehab Programs** are best for clients who have a goal and potential to resume driving. The goal of **Driver Rehab** is to assist clients to resume driving, offering assessments, lessons, compensatory strategies and vehicle modification (if needed) to enable participation in *Driving as an Activity of Daily Living*. (FIT Consultants)

**\*\*\*Drive Able Programs** are best for clients who have dementia, progressive cognitive conditions with memory impairments (**not** clients with TBI or visual and/or physical impairments). (FIT Consultants)



<b>Transportation and Driving Continued:</b>	
<b>Other:</b>	
BC Ferries <a href="http://www.bcferries.com/">http://www.bcferries.com/</a>	Toll-free 1-888-223-3779
Bus Passes for seniors and persons with disabilities <a href="http://www.eia.gov.bc.ca/programs/bus-pass.html">http://www.eia.gov.bc.ca/programs/bus-pass.html</a>	Toll-free 1-866-866-0800
MSP Automated Service (Travel Assistance Program) <a href="https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp">https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp</a>	Toll-free 1-800-661-2668 250-952-2657
<i>All Medical Service Plan (MSP) subscribers are eligible for free passenger fare for the patient and escort (physician approved)</i>	
Northern Thunderbird Air (Vancouver) <a href="http://www.ntair.ca/">http://www.ntair.ca/</a>	Toll-free 1-866-232-9211
VIA Rail <a href="http://www.viarail.ca">http://www.viarail.ca</a>	Toll-free 1-888-842-7245
<i>Physician-approved escort travels free.</i>	





Victims Services

Chilliwack Community Services <a href="http://www.comserv.bc.ca">http://www.comserv.bc.ca</a>	604-792-4267
<i>Specialized victim assistance: information, support, referrals and court assistance for assault/abuse</i>	
Correctional Services of Canada – Victim Services <a href="http://www.csc-scc.gc.ca/victims/index-eng.shtml">http://www.csc-scc.gc.ca/victims/index-eng.shtml</a>	Toll-free 1-866-806-2275
Family Services of Greater Vancouver <a href="https://fsgv.ca/programs/victim-services/">https://fsgv.ca/programs/victim-services/</a>	604-731-4951
<i>Victim Services to women and children who have experienced domestic violence, sexual violence, and human trafficking.</i>	
Seniors First BC <a href="http://bcceas.ca">http://bcceas.ca</a>	604-437-1940
<i>Seniors Information and Help Line (Mon – Fri, 10 am to 3 pm)</i>	Toll-free 1-866-437-1940
Victim Services – Local Police Departments	
Abbotsford	604-864-4757
Chilliwack	604-393-3024
Langley	604-532-3200
Mission	604-820-3504
VictimLINK (24 hrs) <a href="http://www.victimlinkbc.ca">http://www.victimlinkbc.ca</a>	Toll-free 1-800-563-0808
<i>Crisis line for victims of family violence or sexual assault</i>	
<b>Other:</b>	
BC Association of Community Response Networks <a href="https://bccrns.ca/resources/crn-directory">https://bccrns.ca/resources/crn-directory</a>	
<i>CRNs facilitate prevention and education activities with local stakeholders, by supporting a coordinated response to abuse, neglect and self neglect of vulnerable adults in British Columbia.</i>	
Ministry of the Attorney General <a href="https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/justice-attorney-general">https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/justice-attorney-general</a>	250-387-1866
<i>Trained resource people to assist victims of crime, financial compensation</i>	
Supporting Survivors of Abuse & Brain Injury through Research <a href="https://soarproject.ca/">https://soarproject.ca/</a>	
<i>Research projects and information about brain injury from intimate partner violence</i>	





## How to Know When You are Stressed

- Sleep disturbances, Insomnia
- Intestinal pain
- Lack of concentration
- Resentment
- Rapid pulse
- Shallow Breathing
- Feeling that you are no longer in control
- Decrease in sex hormones
- Sore jaw, headaches
- Compromised immune system (colds, flu)
- Diarrhea
- Hardening of the arteries
- Fatigue
- Lack of appetite
- Feeling dozy or yawning
- High uric acid levels causing gout
- High blood pressure
- “Spacing out” – forgetting things



### Benefits of Humour in Your Life

- Coping strategy
- Reduced tension, anxiety and stress – lower stress hormones
- Increased creativity, learning, motivation and energy
- Increased immunity – releases immunoglobulin A
- Reduced blood pressure, heart and respiration rate
- Reduced pain by releasing endorphins
- Improved creative problem solving
- Increased productivity
- Improved relationships, camaraderie

### You CAN return to balance every day. Your reaction is your choice!

- Will this matter in two years?
- How else might I look at this? Is there another less stressful way I could do this?
- What is the situation teaching me? What can I learn from this?
- What would a calm person do?
- Can I actually change this situation? If not, how can I make peace with this?
- What old fear is being expressed?
- Is this a good time for a strategic pause?
- Is this something that I can avoid in the future? How?
- Am I being a perfectionist here? Is “good enough” good enough?
- What is the worst that can happen here?
- What unexpected good could come out of this?
- Is this reaction based in reality or is it my fear talking here?



## Tips for Stress Management

The harder you find it to spare 20 minutes a day for relaxation, the more desperately you probably need it.

### **The following is a list of things that we can do for self-care:**

Gather your support system – Identify the people you know you can talk to and give yourself permission to do that.

Express your anger – It is normal and healthy to feel angry at times. Express that anger in positive ways. Remember anger can be a great motivator.

Get political - Educate yourself on the issues that are causing you this distress. Write letters, sign petitions. Turn your anger at the injustice into something positive.

Keep a journal or write letters – Writing down your feelings is a way of letting them go. You may want to write an angry or sad letter to someone. Your decision to send the letter is not as important as being able to express your emotions.

Exercise – Whether it is walking, tennis, or aerobics, exercise gives a healthy release of emotions.

Talk to a co-worker – Try to find an opportunity in each day to process with a trusted co-worker who you know will listen without judging.

Enjoy the outdoors – Try walking outside and taking a minute to allow all your senses to work. It may help you to clear your mind and equip you to put things into perspective.

Allow room for creativity – Creativity is not limited to art, poetry and painting. Activities such as cooking, gardening and home decorating are just a few of the many ways creativity comes into play.

Get silly – Humour is a great way to release tension. Tap into your child self; do something unexpected like blow bubbles out the window of your car while in a traffic jam and so forth. Be creative!

Find time for yourself - At work we are often struggling to meet the needs of others and for many of us, home can be much the same. Take some time for yourself to do the things you need to do. Scheduling some private time every day so that taking care of yourself becomes a habit. Consider taking a day-off from your regular responsibilities for no other reason than to indulge yourself.

### **REMEMBER - YOU DESERVE IT!**

Make a list – of all the wonderful things you can do for yourself such as having a hot bath by candlelight, read poetry, lie on the grass and watch the stars, eat Italian ice cream, etc.



## Acquired Brain Injury and Nutrition

Brain Injury may change the way you relate to food. For some survivors, memory problems may affect food intake. Damage to the brain can cause an inability to feel full or hungry, causing you to eat too much or too little without realizing it. You may have a changed or absent sense of taste or smell. This often happens in the earlier stages of recovery and may disappear as time goes on. This could also be a side effect of medication. The simplest way to manage many nutritional concerns is to create a meal plan and record what you are eating.

This way, if you have problems remembering when you ate, or cannot tell when you are full, you can refer to the record you are keeping.

### Canada's Food Guide to Healthy Eating

[Canada's Food Guide to Healthy Eating](#) provides basic information of good nutrition, encouraging you to enjoy a variety of foods. Canada's Food Guide to Healthy Eating identifies the four food groups and recommends the number of servings per day required by healthy Canadians. Factors such as age, weight, gender, activity and medical concerns will influence how many servings are required from each of the four groups. Serving sizes can be adjusted to meet individual needs.

Emphasize cereals, breads, other grain products, vegetables and fruit. Ensure that individual needs for energy, protein, and other nutrients are met. A nutritional assessment and follow-up by a dietician may be required. Your doctor can probably recommend a dietician for you to contact. When choosing foods, take into account any problems you have with swallowing or food allergies. A speech-language pathologist can assess and treat swallowing problems; a dietician can help with food allergies.

Choose low fat dairy products, lean meat, and food prepared with little or no fat. If you are overweight, you may need to control portion sizes as well as fat content. If you are underweight or have increased energy requirements, you may need to eat higher fat foods and maintain a healthy weight. You can also achieve and maintain a healthy body weight by participating in regular physical activity. Keep in mind that you may be restricted in what you can do because of poor balance, poor vision, fatigue, or other complications resulting from your brain injury. Keep looking for something that you are physically able to do, that you enjoy, and that contributes to your therapy. Physical, recreational, or occupational therapists may provide advice on the kinds of activities most suitable for you.

Limiting salt may help control high blood pressure and fluid retention if you have these concerns. Caffeine, which is found in coffee, tea, some colas and chocolate, is a stimulant. Your ability to tolerate caffeine may be very limited, and it may be best to avoid all caffeine, especially in the initial stages of recovery. Even if the stimulating effect of caffeine is not a problem. Health Canada suggests having no more than four cups of brewed coffee (or the caffeine equivalent in other foods and beverages) per day.

Eating well is an important part of recovering from illness and maintaining good health. Follow Canada's Food Guide. If you are concerned about your nutritional needs, ask your doctor for a referral to an outpatient dietician.

[Source: Alberta Brain Injury Network: Survival Guide (2003)]



## Children with Acquired Brain Injury

*FVBIA has a booklet for children ages 5 to 10, "The Road Ahead: Next Exit: Hope"  
It is a helpful look at how brain injury affects the whole family  
<https://fvbia.org/abi-information-for-children-and-youth/>*

### What to Expect from Your Child:

The following changes may affect your child's behaviour after a brain injury. This is not an exhaustive list. Your child may experience many of these changes or none at all:

- Fatigue
- Irritability, angry outbursts, and impulsiveness
- Passive behaviour
- Depression
- Forgetfulness
- Poor organizational skills
- Difficulty following directions
- Immature behaviour
- Inappropriate sexual behaviour

### Fatigue

Fatigue is the most common problem children experience after sustaining a brain injury. Your child may also suffer from vision problems, light sensitivity, or headaches that they did not have before the injury. To prevent fatigue, you may need to give your child rest periods in a quiet place. Remember, it is important that your child participate in school and other activities only when they have the mental and physical energy to do so.

### Irritability and Angry Outbursts

Irritability and angry outbursts are also common among children learning how to deal with the stimulation of school, day care and/or playgrounds. Look at what precedes the behaviour. Do you notice a pattern? Is there something you can change, such as introducing a rest period, that will help prevent or reduce the frequency of the behaviour?

### Immature or Inappropriate Behaviour

Immature behaviours include interrupting frequently, making tactless remarks, displaying messy eating habits, or repeating words over and over. Inappropriate behaviours may also include making inappropriate sexual comments, or gestures or actions that are out of context.

### Grief, Guilt & Depression

Many parents of young brain injury survivors experience grief, guilt, and/or depression over what has been lost. These are normal emotional responses. You need to grieve your losses and so may your child. You may feel guilt over the circumstances of the injury even if it could not reasonably have been prevented. Guilt is often expressed as anger and blame directed at others. Depression is another common response. If you or your child are finding it difficult to move through the emotions, contact your local school board, Regional Health Authority, local Child and Family Service Authority or local Brain Injury Association and ask about counselling. [Source: Alberta Brain Injury Network: Survival Guide (2003)]



## Return to School After Brain Injury

In the case of a child with a brain injury, both the family and the child may be eager for a return to school.

There are resources available to assist with this transition:

- In the education system, most school boards provide special needs services, so your child does not necessarily have to attend a specific school. The manner in which schools provide services, however, may vary.
- Your local brain injury association can be of assistance when your child returns to school. It can provide education on brain injury to your school, consult with teachers, and provide a link to the hospital and other medical services.
- Health Professionals. The health professionals most likely to be involved with your child's return to school are psychologists, speech / language pathologists, and occupational therapists. In injury associations, health professionals, and the education system should work as a team with the family and child.



Because school is a highly stimulating environment, it will be difficult at first for your child to deal with all the noise and activity.

This is why many children return to school gradually.

Your child may start by attending a few hours, two or three days a week, without educational demands. As they gain energy, attendance is gradually increased and a curriculum started. Eventually, your child may be able to attend full days, five days a week.

In rural areas, transportation limitations may mean that your child is at school for longer periods than appropriate.

If fatigue in school is a problem, ask if your child can have a rest period.

[Source: Alberta Brain Injury Network: Survival Guide (2003)]



### Important Contacts List

Use this page to keep track of important numbers and resources in one place for easy access.

Name	Position (What are they helping with?)	Organization	Phone/ Email





### Meetings/Appointments/Tests

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Who: \_\_\_\_\_

\_\_\_\_\_

Where: \_\_\_\_\_

\_\_\_\_\_

What do I need to bring or do before the appointment? For example, how will I get there?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What happened/results? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





What I need to do next: \_\_\_\_\_

Lined area for notes under 'What I need to do next:'

Comments/Thoughts: \_\_\_\_\_

Lined area for notes under 'Comments/Thoughts:'







### Medication Tracking List

Medication	Dosage	Medical Issues	Side Effects	Review Date(s)
Notes:				





## FVBIA Membership and Donation Form

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

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

### 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)	

### Payment

**Payment Method (Credit Card)**

Visa     MasterCard

TOTAL \$ \_\_\_\_\_  
(Add membership and donation amount)

\_\_\_\_\_ Credit Card Number  
\_\_\_\_\_/\_\_\_\_\_ Expiry Date  
\_\_\_\_\_

### 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](mailto: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](http://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](mailto: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](mailto:info@fvbia.org). All information will remain confidential.





Awareness Strategies Bike Helmet Brain Injury Youth Caregiver Chronic Brain Pain Depression Consciousness Circadian Rhythm Client-Centred Compensatory Strategies Concussion Goals Gratitude Inclusion Behaviour Determination Rehabilitation Motivation Evidence-Based HOPE Learning Memory Psycho-Social FEAR Mental Health Neuroplasticity Networking Pain Perception Pain Management Positive Sleep Research Support Safety Rehabilitation Psychology Strategies Anxiety



# Fraser Valley Brain Injury Association

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