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# Drop In's & Groups



These are some of FVBIA's regular programs and groups. Contact programs directly (below) for details and eligibility criteria or the FVBIA main office at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org)

## Abbotsford/Mission

### Drop-In

Wed 1:00 – 3:00 p.m.  
& Fri 11:00 – 2:00 p.m.  
103 – 2776 Bourquin Cres.  
W. Abbotsford  
Contact Communitas  
604-850-6608

### Pay it Forward

(Walking Group, Yoga,  
Ladies R n' R, Community  
Kitchen, etc.)  
Contact: 604-897-1563

### Coffee & Chat

Contact: 604-897-1563

### Art & Photography

Contact 604-897-1452

## Chilliwack

### Drop-in

Tues 10 am-1:00 pm &  
Thurs 11:00 am-2:00 pm  
45825 Wellington St.  
(Presbyterian Church)  
Contact 604-792-6266

### In the Now Support Group

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

### Art Groups

Contact 604-799-2044

## Langley

### Coffee & Chat Group

Contact 604-557-1913

## Hope

### Community Leisure Program

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

## Remote Groups

### Health & Wellness Group

Contact 604-557-1913

# Fraser Valley Services & Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected!

Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for more information.

In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of acquired brain injury: <https://www.fvbia.org/criteria-for-services/>.

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Lifeskills
- Mill Lake Walking Group - Abbotsford 3x/week
- Community Kitchen
- Ladies R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga (virtual and in-person)
- Fitness group
- Art and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Photography classes
- Facebook Community group
- Crafts
- Volunteering/Employment support
- Family Support groups
- Support for youth
- Brain Injury and Mental Health - information sessions for the South Asian Community
- Coffee & Chats
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI
- Corrections Liaison program (virtual) – 8-week ABI & Substance use education groups for inmates

## FVBIA Staff Emails

- Freddy O'Brien: [info@fvbia.org](mailto:info@fvbia.org)
- Heather Plain: [heatherplain@hotmail.com](mailto:heatherplain@hotmail.com)
- Joy Scobie: [ijoyscobie@gmail.com](mailto:ijoyscobie@gmail.com)
- Esther Tremblay: [esther@communitas.com](mailto:esther@communitas.com)
- Taryn Reid: [treid@fvbia.org](mailto:treid@fvbia.org)
- Jasneet Singh: [Jasneet.singh@fvbia.org](mailto:Jasneet.singh@fvbia.org)
- Victoria O'Brien: [victoria.o'brien@fvbia.org](mailto:victoria.o'brien@fvbia.org)

# Upcoming Events

Please watch for emails and check our newsletters for the following upcoming events

## Save the Dates:

- **June 15th** - **Communitas 50th Anniversary Celebration, Chilliwack, BC**
- **September 18th** - **FVBIA Brain Injury Golf Classic, Langley, BC**
- **December 11th** - **FVBIA Christmas Tea & Silent Auction, Cascade Community Church, Abbotsford, BC**



Fraser Valley Brain Injury Association

★ **BRAIN INJURY** ★

# Golf Classic



**Wednesday September 18, 2024**

Redwoods Golf Course, Langley, BC

**SPONSORSHIP & EARLY BIRD**

**REGISTRATION** Opens April 1st, 2024

<https://bit.ly/3UhD1Dn>



# FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas.

In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC.

The Bullpen has expanded to include art, photography, cartoons and poetry.

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

## FVBIA Newsletter Submission Deadlines

For upcoming 2024 newsletters, please note these deadlines for all written and photo submissions. All submissions are to be sent to [info@fvbia.org](mailto:info@fvbia.org).

May / June  
Issue

Submit by:  
**April 24**

July / August  
Issue

Submit by:  
**June 25**

September /  
October  
Issue

Submit by:  
**August 27**

November /  
December  
Issue

Submit by:  
**October 25**

Written articles & stories should be maximum 500 words, and submitted as a document file (i.e. Word). For supplemental photos, please attach as separate files as .jpeg, .png or .pdf at minimum 1800 pixals / 300 dpi (not inserted in document or body of email).

*The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA and may be edited length. Advertisements or articles are not an endorsement of services.*

## Friends in Our Lives *by Alex Zarycka*

Hello, FVBIA crew! Alex here. I hope that you have all been doing well.

Recently, I've been pondering on my friendships that I've had for the past 3 years.

I'm sure that we all have or have had friends, especially best friends. The thing about friendship though, is that these types of relationships come and go in life at times.

For the people who are not in our lives any longer, there could be a number of different factors that cause this ending of the friendship.

Those reasons could be that one person moved away and didn't stay in touch, or that the friendship ended badly due to a horrible disagreement or misunderstanding.

Sometimes in life, people just simply drift apart. Whatever the reason may be, friendships are still a beautiful and also necessary part of our lives.

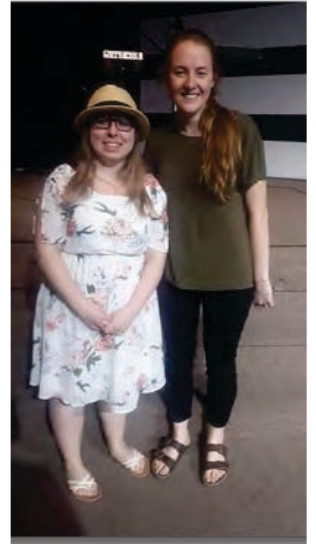
So, as I've been thinking of all the friends that I still have and the new ones who have entered my life, I am so grateful for the community around me.

My friends include a church group, a young adult group at church (ages 19 to 40) that has been growing over the years, some pals in town outside of these church groups, family - friends outside of town whether in BC or outside of the province, and college friends.

No matter where I know all of these people from, I am so grateful for all of them being there. It's also nice to think of those who aren't in my life anymore but who left an impact in my life.

Take time, dear readers, to think of who you're grateful for in your life. Even tell them, if you feel brave enough! Here are pictures of some close friends in my life.

All the best! 🍷





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If you are in our Fraser Valley service region from Boston Bar to Chilliwack, we will deliver these resource brochures (2 styles to choose from) **to have in your office or waiting rooms - free of charge!!**

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or go to: [forms.gle/yk6FQBJ9xVhZhAbK9](https://forms.gle/yk6FQBJ9xVhZhAbK9)



## FVBIA Emergency Preparedness - Heat Safety

Several events through 2020-2023 including the Pandemic, along with extreme heat and flooding in British Columbia, Canada highlighted the need for emergency preparedness education for people with disabilities and seniors. FV Brain Injury Association, with funding from the Brain Injury Alliance and United Way BC (Healthy Aging) developed an emergency preparedness program that includes information sheets, emergency to-go-kits, and group presentations. This video shows how to put together your own emergency-to go kit on a budget.

*Presented by Rachel Czarneki.*



# FVBIA'S PAY IT FORWARD: HEALTH & WELLNESS PROGRAMS

FVBIA has an active 'Pay It Forward: Health and Wellness for ABI' program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury and improve their overall mental and physical well-being.

This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism.

FVBIA's Pay it Forward Program offers a variety of activities to support physical and mental well-being including art, yoga, walking groups, Ladies R&R, In the Now group, Health & Wellness group etc.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts.

This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community etc.

FVBIA staff are involved in many Pay it Forward: Health and Wellness for ABI in our communities and things are always changing so it is best to contact them directly for more information and details about locations and times. For general inquiries, contact [info@fvbia.org](mailto:info@fvbia.org).

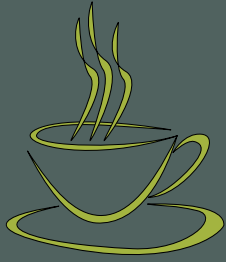
*Funding for the Pay it Forward program is provided by Charitable Gaming, ICBC, Soroptimist International of Abbotsford Mission and through the Brain Injury Alliance with financial support from the government of British Columbia.*

## **Health & Wellness Group**

The Health and Wellness Group has returned to an online zoom setting due to minimal attendees for the "Hybrid" setting.

Attend via zoom with Kinesiologist and case manager Taryn Reid on Thursday afternoons from 2:00 - 3:00pm.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics. For more information or suggestions for topics, contact your case manager or Taryn Reid at [treid@fvbia.org](mailto:treid@fvbia.org)



# COFFEE & CHAT GROUPS



## Abbotsford Coffee & Chat

FVBIA's "Pay it Forward": Healthy Lifestyles for ABI Project invites you to attend Abbotsford Coffee & Chat

Join us in our spacious new boardroom for coffee and a chat. This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

**Days:** Tuesdays - Mar 12, Apr 16, 2024

**Time:** 10:30 a.m. until noon

**Place:** FVBIA Boardroom, 201 – 2890 Garden Street, Abbotsford, BC

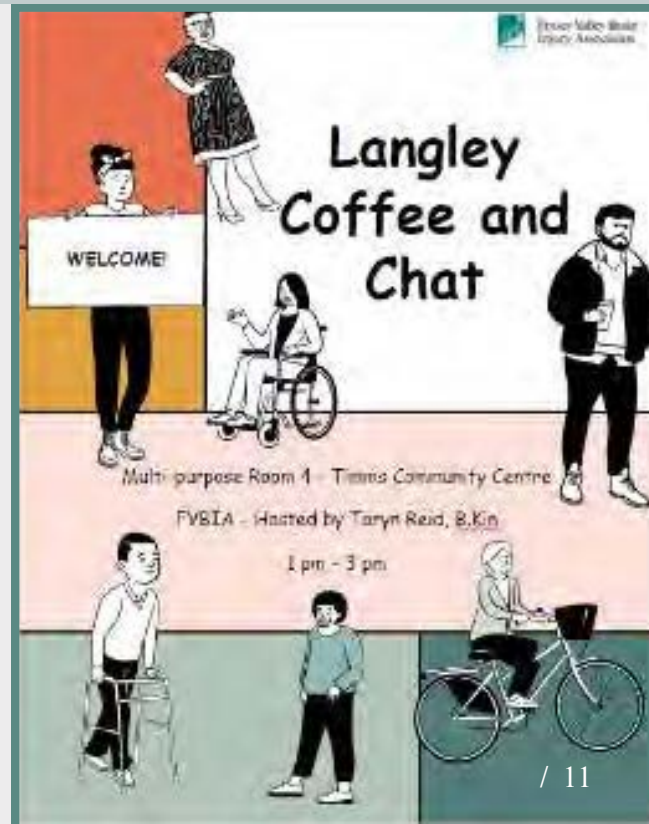
**\*\*\* FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you.**

## Langley Coffee & Chat

Join us at Timms Community Centre (20399 Douglas Crescent) for Langley's Coffee and Chat!

This is a great opportunity to meet other survivors and chat. Group members must be eligible for FVBIA services, so please contact your case manager or Taryn Reid at [treid@fvbia.org](mailto:treid@fvbia.org) for details.

The group will be held the first Wednesday of each Monday from 1:00 pm to 3:00 pm.





# Group Activities

## “Ladies' R 'n' R”

FVBIA’s “Pay it Forward”: Healthy Lifestyles for ABI Project invites you to attend “Ladies' R 'n' R” (“Relax and Revive”).

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

**DAYS:** Thursdays - Mar 7 & 21, Apr 11 & 25, 2024

**TIME:** 10 a.m. until noon

**PLACE:** FVBIA Boardroom  
201 – 2890 Garden Street  
Abbotsford, BC

## Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake in Abbotsford and connect with others who have shared experiences with brain injury.

**DAYS:** Mondays, Wednesdays  
Fridays

### 2 MEETING PLACES:

2 P.M. at the Bourquin Entrance benches

2:15 P.M. at the Mill Lake Road Dock

## Community Kitchen

Fraser Valley Brain Injury Association and Archway Community Services present a COMMUNITY KITCHEN!

Learn how to cook safely and nutritiously. Get ideas for simple meals that are easy to make. Prepare delicious meals that you can take home to enjoy!

**DAY:** Tuesday, Apr 2, 2024

**TIME:** 1 to 3 p.m.

**PLACE:** Archway Community Services in The Old Court House at 33780 Laurel Street, Abbotsford

*Funding is provided through the Brain Injury Alliance, ICBC and the Province of British Columbia.*

*Our special sponsors are Chris Gledhill and Robin Newbery, parents of Dylan, a former participant. We thank them for their generous donation to honor his memory.*

**TO REGISTER, please contact Joy at  
604-897-1563.  
Space is limited.**

**\*\*\* If you require 1:1 support, please bring a support person with you.**

# ArtWorks - Spring 2024

Join us for Spring 2024 ArtWorks beginning Wednesday, March 6 in the Trinity Memorial Church Hall located on the corner of George Ferguson Way and Montrose Avenue.

The program is open to survivors of acquired brain injury over the age of 19. Artists will meet on the following Wednesday dates:

- March 6, 13, 20, 27,
- April 3, 10, 17, 24,
- May 1, 8, 15.

Each 2 hour session begins at 1:00 p.m. and ends at 3:00 p.m. This is an amazing opportunity to leave your cares behind for 2 hours each week to with meet fellow artists and enhance your creativity.

John LeFlock, our talented artist has some new ideas and challenges for artists to work with. Working with new mediums and techniques and introducing the idea of using completed art pieces to create greeting cards are a couple of thoughts.

Heather Watson, artist and graduate of the Langara Arts Program will be joining us for two classes, March 20 and 27 while John attends to other commitments. In these two sessions, Heather will show us what might be possible with shading techniques that will bring light and life to your art. Using these techniques we will create a base to used for a variety of greeting cards.

This season Casual Art Playdates with Jill Koppang may also be part of the Spring session. Pens and Colored Pencils...Some blank card - It's just lines and colouring - Cards, because they are fun to share. Supplies will be available.

Some ideas to get you started:

- Resources: <https://zentangle.com/pages/get-started>
- <https://www.youtube.com/watch?v=D66B8-ktnl8>

You do not want to miss this art season. Put on your creative hats and join us for 2 hours every Wednesday afternoon until mid-May. Art supplies will be provided when required.


Coffee will be provided and possibly a few treats as well.

Please RSVP to ensure you have a place on Wednesdays, by responding to this email or calling Mary at 604 897 1452.



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**"WORKING WITH OUR CLIENTS FOR TODAY AND THE FUTURE SINCE 1997"**

# Photos by Carol Jackson

CAPA District Area Rep Lower Mainland (shared)  
Surrey Photography Club Communication Director  
VP BC Cocker Club  
<http://www.caroljjackson.ca>

The Dance images are from the Essence Of Dance Dress Rehearsal at the Bell Centre.  
The Eagle was at Delta's North 40 Reserve



# 125 Days to Say Yes - Bill C-277 National Strategy on Brain Injury

Be a part of the "**125 Days to Say Yes!**" campaign for Bill C-277 National Strategy on Brain Injuries Act. This private member's Bill seeks to address the need for universal access to supports for brain injury recovery, treatment, and harm reduction. Some of the text of the bill to establish a national strategy is below.

Here's what you do to participate:

1. **Snap a Photo:** Nothing fancy. We just need a close-up (head and shoulders).
2. **Create a Video:** Make a short video (1 minute maximum) and tell us:

*My name is... and I live in...*

*My Member of Parliament (MP) is ....*

*I am a (survivor or family member, or a caregiver) and I support a National Strategy on Brain Injury because...*



You may also include something personal, such as how you or your loved one sustained a brain injury.

For inspiration, watch Barb Butler's video here: <https://bcconsensusonbraininjury.com/join-the-national-strategy-on-brain-injury-movement/>.

**Important: Each person in your family can participate individually and send their own photo and video.**

3. **Email [nationalbraininjurystrategy@gmail.com](mailto:nationalbraininjurystrategy@gmail.com).** Submit your photo and video to the above email and in the body of the email, please include:

*I (insert name) give my expressed permission for the CGB Centre for Traumatic Life Losses to use my photo and video in the 125 Days to Say Yes! campaign calling upon the federal government to establish a National Strategy on Brain Injury. I understand and approve of my photo and video to be used in a letter that will be emailed and sent via Canada Post to the federal Minister of Health, other Member of Parliaments and to be posted on social media channels. (Your name and phone number).*

I will send you a copy of the letter with your photo and video link that will be sent to the federal Minister of Health and other MPs. Your name and your MP's name will be included and highlighted on the bottom of letter. It will be emailed on the same **date** that your photo and video will be posted on social media. If you have questions, please contact me.

Sincerely,

Janelle Breese Biagioni, CEO

[CGB Centre for Traumatic Life Losses](#)

[BC Consensus on Brain Injury, Mental Health, & Addiction](#)

Info: <https://bcconsensusonbraininjury.com/join-the-national-strategy-on-brain-injury-movement/> Email: [nationalbraininjurystrategy@gmail.com](mailto:nationalbraininjurystrategy@gmail.com)

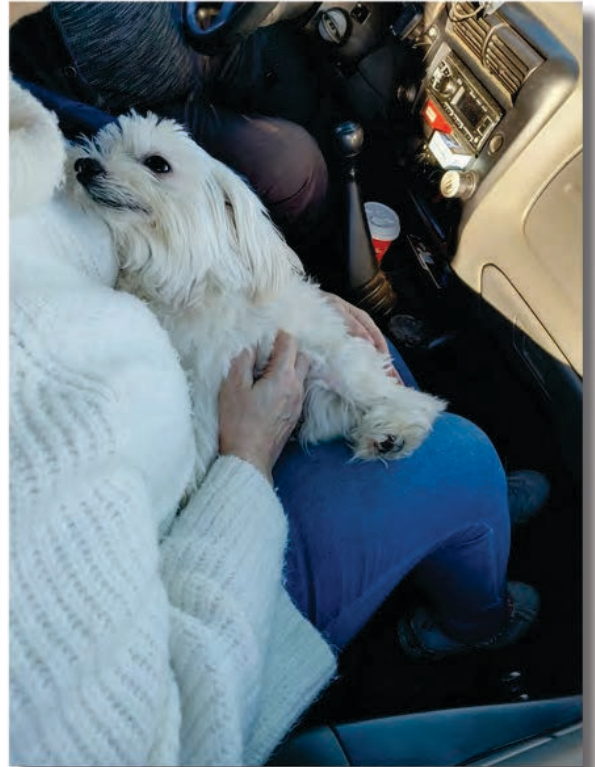
# Pets Corner!

## Cozy Snugs and Cuddle Time



*Kitty sneak-attack!*

*Mill Lake Puppy*



## Tickling our Funny Bones

**What do you get when you push a bunch of  
Easter eggs down a hill?**

*Spring rolls.*

-

**Does February march?**

*No, but April may!*

-

**I ordered a chicken and an egg online.**

*I'll let you know which comes first.*

-

**What did the triangle say to the circle?**

*You're pointless.*

<https://www.goodhousekeeping.com/life/entertainment/a41779929/corny-jokes>



# Reduced Cost Counselling Program

## Chuck Jung Associates

### *Now Accepting Referrals*

Chuck Jung Associates is providing a Reduced Cost Counselling Program in our Vancouver office. This service is in-person and/or via Telehealth. We are aware of the significant cost of psychological counselling, which puts this service out of the reach for many.

In our Reduced Cost Counselling Program, a senior doctoral student in psychology, is supervised by a senior psychologist in our practice. Services are provided in a broad range of areas, treating problems of depression, anxiety, anger, adjustment difficulties to physical injury (e.g., chronic pain, emotional adjustment to brain injury). The cost is \$70.00 per session.

We are pleased to have doctoral student, Ms. Sarah Panofsky, MA, RCC as our therapist-student. Please see her bio below.

Also, see our weblink below for more information:

<https://www.chuckjung.com/doctoral-student-therapists/>

<https://www.chuckjung.com/services/reduced-cost-counselling/>

You can also reach us at 604-874-6754 or [admin@chuckjung.com](mailto:admin@chuckjung.com)



## Chuck Jung Associates – Psychological and Counselling Services

### Vancouver: (Main Office)

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

### Surrey:

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

### Abbotsford:

The Mark (North Building)  
102-32625 S. Fraser Way  
Abbotsford, BC V2T 1X8  
1-877-870-6754 (toll free)

### Chilliwack:

201 – 45625 Hodgins Ave.  
Chilliwack, B.C. V2P 1P2  
1-877-870-6754 (toll free)

### Langley:

8661 201 St. (2<sup>nd</sup> floor).  
Langley, B.C. V2Y 0G9  
Tel: (604)-874-6754

Other locations in Tri-Cities, Burnaby, North Shore and Richmond

Website address: [www.chuckjung.com](http://www.chuckjung.com)

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

# Brain Fatigue

## by Dr. Douglas Lee

*Dr. Lee is a retired clinical psychologist who was also Board Certified in Behavioral and Cognitive Psychology and was a Board-Certified Behavior Analyst.*

*He has over 30 years experience working with children and adults with moderate to severe brain injury.*

*He consulted throughout BC and occasionally in Alberta. His focus was on developing individualized treatment plans for a wide range of behavioral and cognitive issues.*

*Due to the severity of most client's injuries, he saw them in their local homes and communities. He is currently a board member of Fraser Valley Brain Injury Association.*

One of the most common effects that occurs for individuals with brain injuries is brain fatigue. We have all likely had occurrences of this in our lives where we have had to manage too much information within a certain period of time and get to the point that we just can't take in any more information and need to shut down.

We have all likely also experienced how this fatigue can come on even for regular information management if we are sleep deprived. This is an issue independent of the person also possibly having specific memory impairments.

Brain fatigue may give the appearance of a memory impairment but the two issues are fundamentally different.

Most people I worked with were far more sensitive to information overload leading to brain fatigue than your typical experience. Many people I knew effectively could not handle more than 20-30 minutes of more intensive "brain work."

Not only that but going beyond their limit results in more or less falling off a cliff rather than a gradual inability to manage more information.

As an example a client of mine attended a large team meeting of about 12 people. He sat across the table from me.

He was engaged for about the first 20 minutes and then I could observe him switch off for the remainder of the 90 minute meeting.

Talking to him afterward he was clearly able to remember the first 20 minutes but had no idea what the rest of the meeting was about. He was also unaware of having no memory of the remainder of the meeting.

Others in the meeting were aware that he was fairly quiet for most of the meeting but were unaware of how little of the meeting he actually comprehended.

This example occurred on a day when he was well rested. Of course many individuals with brain injuries, including this person, also have issues with poor sleep.

When you add possible poor sleep on top of the already limited cognitive stamina people with brain injuries can have extreme difficulties processing even fairly simple and routine information on a particular day.

Recovery from overload can also be a major issue.

Another client I worked with had a partner who was well aware of her brain fatigue.

*continued next page...*

We would meet together for about 20 minutes before my client would be prompted to excuse herself. She would spend over two hours in a low light small room that was completely bare except for the chair she sat in.

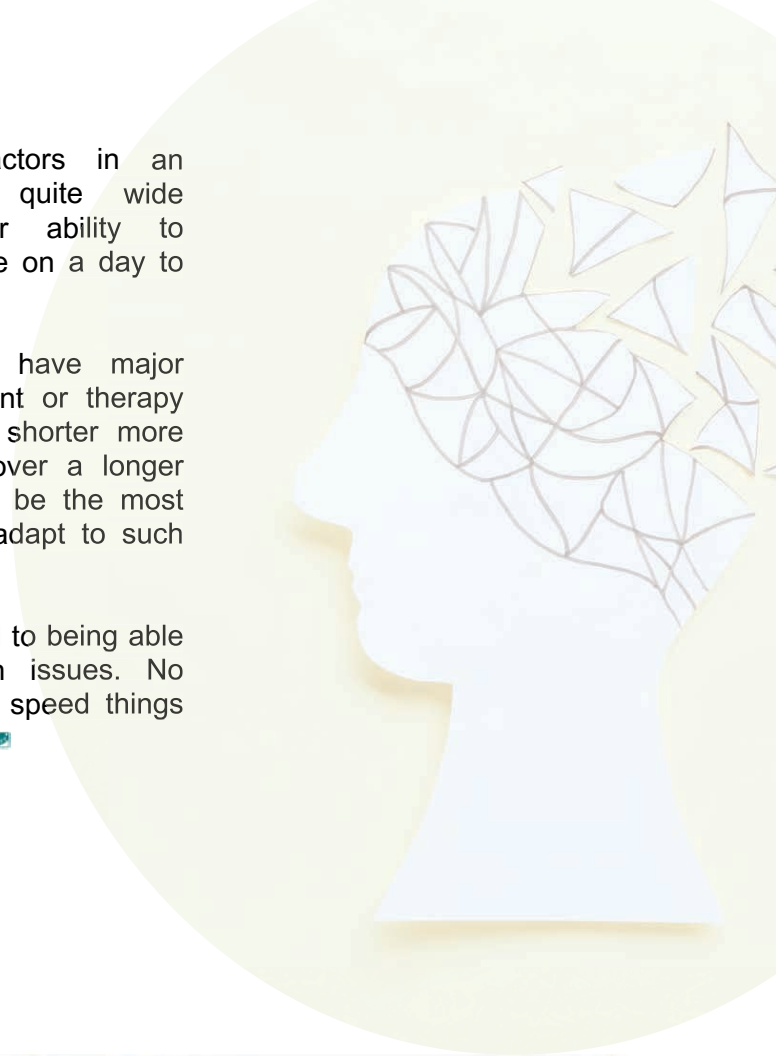
Her partner and I would continue and she would then slowly relay the information to my client over several small sessions with such recovery sessions for each session. With such a supportive system my client was able to gain greater independence in several areas.

On a day-by-day basis the combination of cognitive demand, level of cognitive stamina and sleep disturbance

can be major factors in an individual having quite wide variability in their ability to competently manage on a day to day basis.

Such factors can have major impacts on treatment or therapy plans. For instance, shorter more frequent sessions over a longer period of time may be the most effective option to adapt to such brain fatigue.

Patience is essential to being able to work with such issues. No amount of trying to speed things up is going to work. 📌



  
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# Study reveals a protein called snail may play a role in healing brain injury

Date: December 11, 2023  
Source: George Washington University

A new study published in Proceedings of the National Academy of Sciences Nexus provides a better understanding of how the brain responds to injuries. Researchers at the George Washington University discovered that a protein called Snail plays a key role in coordinating the response of brain cells after an injury.

The study shows that after an injury to the central nervous system (CNS) a group of localized cells start to produce Snail, a transcription factor or protein that has been implicated in the repair process. The GW researchers show that changing how much Snail is produced can significantly affect whether the injury starts to heal efficiently or whether there is additional damage.

"Our findings reveal the intricate ways the brain responds to injuries," said senior author Robert Miller, the Vivian Gill Distinguished Research Professor and Vice Dean of the GW School of Medicine and Health Sciences. "Snail appears to be a key player in coordinating these responses, opening up promising possibilities for treatments that can minimize damage and enhance recovery from neurological injuries."

## **Key findings:**

- This study identifies for the first time a special group of microglial-like cells that produce Snail. Microglial cells are found in the central nervous system.
- Lowering the amount of Snail produced after an injury results in inflammation and increased cell death. During this process the injury gets worse not better and there are fewer connections or synapses between brain cells.
- In contrast, when Snail levels are increased the outcome of brain injury improves-suggesting this protein can help limit the spread of injury-induced damage.

The research raises questions about whether an experimental drug that affects Snail production could be used to limit the damage incurred after someone suffers a stroke or has been injured in an accident, Miller said.

Additional studies must be done to show that increasing Snail production could curtail injury or even promote healing of the brain.

Citation: George Washington University. "Study reveals a protein called snail may play a role in healing brain injury." ScienceDaily. ScienceDaily, 11 December 2023.  
<[www.sciencedaily.com/releases/2023/12/231211114521.htm](http://www.sciencedaily.com/releases/2023/12/231211114521.htm)>.

**READ MORE**

# Virtual Caregiver Support Group

If you identify as a caregiver of a partner or child (of any age) of a person who has had an acquired brain injury and you are looking for some support, FVBIA and Chuck Jung Associates are offering a Virtual Caregiver Support group for caregivers in the Lower Mainland.

Find out more at [admin@chuckjung.com](mailto:admin@chuckjung.com) or call 604-874-6754.



**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

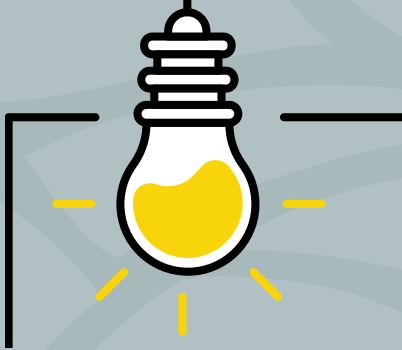
Registration is limited.  
To register or for more information about the group, please contact Chuck Jung Associates at [admin@chuckjung.com](mailto:admin@chuckjung.com) or call: 604-874-6754

Chuck Jung Associates  
Psychological and Counselling Services

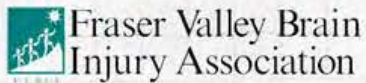
Sponsored by:

Fraser Valley Brain Injury Association  
FVBIA

The flyer features a central graphic of a globe surrounded by six circular icons of diverse people, and logos for Chuck Jung Associates and Fraser Valley Brain Injury Association.



# FACTS ABOUT TRAUMATIC BRAIN INJURY (TBI)



## 1.5 MILLION

Canadians are living with acquired brain injury [5].

Traumatic Brain Injury (TBI) occurs in 456 people every day, or one person injured every 3 minutes in Canada [3].

## THERE ARE 200,000

concussions annually in Canada [20].



Two-thirds of individuals with a TBI are men [2]

### Leading Causes of TBI



#### FIND SUPPORT:

VISIT Fraser Valley  
Brain Injury Association  
at: [fvbia.org](http://fvbia.org)

SOURCES

[braininjurycanada.ca/en/statistics/#TBI](http://braininjurycanada.ca/en/statistics/#TBI)

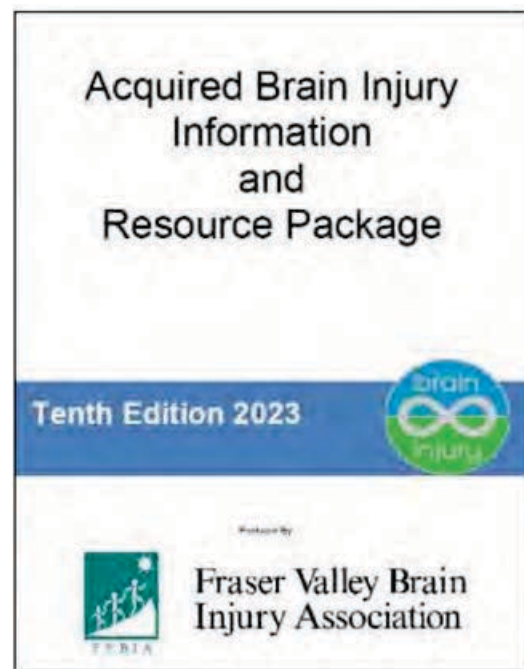
# Acquired Brain Injury Info & Resource Package

FVBIA's 2023 [Acquired Brain Injury Information and Resource Package](https://www.fvbia.org/abi-information-resources/) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. This extensive resource package is available on our website <https://www.fvbia.org/abi-information-resources/>

Advertising opportunities are still available. Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for details.

Topics include:

- Alcohol
- Smoking
- Addictions & Drug Treatment Brain Injury – Definition and Symptoms
- Brain Injury Associations in BC
- Brain Injury Support Groups in BC
- Child and Youth Services
- Counselling Services and Support
- Driving After Brain Injury
- Education and Training
- Epilepsy and Seizure Disorders
- Equipment and Technology
- Family and Caregiver Support
- Financial Support
- Foodbanks and Food Supports
- Government Resources
- Health Services and Health Authorities
- Health Units
- Home Care Services
- Hospice Care
- Housing and Residential Services
- Indigenous Resources
- Internet Resources
- Job Skills and Training
- Legal Assistance
- Mental Health Services
- Multicultural Services Nutrition
- Recreation and Leisure
- Rehabilitation After Brain Injury
- School – Returning After Brain Injury (Children)
- Seniors Services
- Sexual Health Resources
- Stress Management
- Stroke Symptoms and Resources
- Thrift Stores
- Victim Services



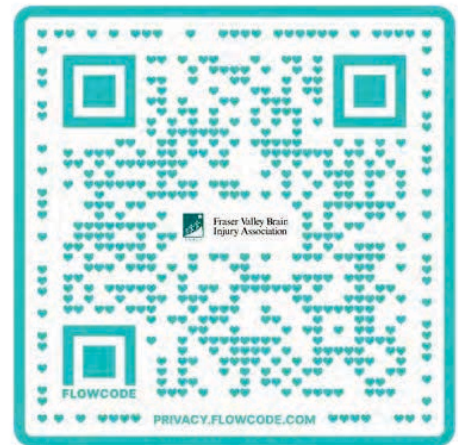
# Subscribe & Advertise!

FVBIA's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up. Then all you need to do is enter your name and email address.

Sign up [here](#) or contact us at [info@fvbia.org](mailto:info@fvbia.org)

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TO SUBSCRIBE

## Advertise With Us!

### FVBIA Newsletter Advertising

Thank you to all of our advertisers! Advertising opportunities are available in the FVBIA News (6 issues/year) and the new Information and Resource Package. Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for more information. Please see the schedule for submission deadlines.

Ad rates:	Business Card Size	\$30
	1/4 Page	\$75
	1/2 Page	\$100
	Full Page	\$200

For best resolution and appeal, ad designs and logos should be sent as *.png* or *.pdf* file attachments (not inserted in body of email) at minimum 1800 pixals / 300 dpi.

*Disclaimer: The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA and may be edited for length. Advertisements or articles are not an endorsement of services.*





# Connect with Us on Social Media

Do you like to stay on top of current research, news articles, inspirational stories / quotes creative arts and regular updates on FVBIA activities? Check out our social media pages to stay connected.



[twitter.com/fvbi](https://twitter.com/fvbi)



[facebook.com/FVBIA?fref=ts](https://facebook.com/FVBIA?fref=ts)



[Instagram.com/fraservalleybrain/](https://Instagram.com/fraservalleybrain/)

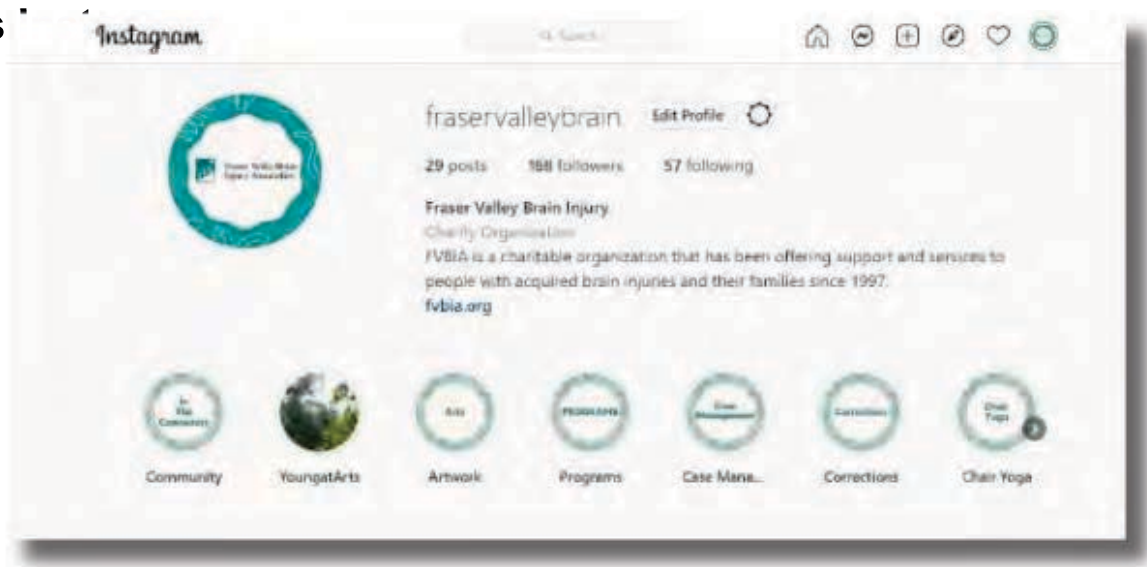


[youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw](https://youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw)

## FVBIA Community Facebook Page

We have changed the Creative Arts Facebook page to a community group page! This will allow all members to contribute and enjoy a variety of postings from fellow members and families. It is a private page with Carol and Jill as the Administrators. Now we have a place to stay connected and share our talents, thoughts and ideas! For more information or to share a post, contact Jill at [jill.koppang@fvbia.org](mailto:jill.koppang@fvbia.org)

## FVBIA's



Check out FVBIA's Instagram at [www.instagram.com/fraservalleybrain/](https://www.instagram.com/fraservalleybrain/).

# How You Can Support FVBIA's Programs & Services

## Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

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

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

[www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/](http://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/)

## Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs. You have raised over \$4600 since December 2018.

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

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

[www.paypal.com/ca/fundraiser/hub](http://www.paypal.com/ca/fundraiser/hub)

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

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

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

“  
CanadaHelps  
champions all 86,000  
charities across  
Canada, no matter  
how big or small.

Every registered  
Canadian charity has  
a profile on  
CanadaHelps.org,  
connecting donors  
directly to the charity  
so donors can easily  
find and donate to  
them.

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



# Membership & Donations



Acquired Brain Injury can be life-changing and permanent.

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

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

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

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

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

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

[www.fvbia.org/membership-and-donations/](http://www.fvbia.org/membership-and-donations/)

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

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving. You can also donate here by simply clicking on the Donate button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.  
*CRA Number: 872023338RR0001*

Thank you for your support!



# Fraser Valley Brain Injury Association

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*Funding from Fraser Health Authority Acquired Brain Injury,  
Brain Injury Alliance, and the Province of BC*

