

# BRAIN MATTERS

## NEWSLETTER

August 2023

Cowichan Brain Injury Society

## Coming Up in August

We have a new office space! We will be transitioning programs and case management to the new space this month – although an official date is not set yet, we will keep you updated. The new office space is wheelchair accessible in a more central location in Duncan, making it easier to access.

### Important Dates

- 1st | Art Challenge
- 7th | Closed for B.C. Day

## Toolbox

Toolbox a 3-session series, on Tuesday afternoons. This series builds on "Intro to Brain Injury". We will be discussing ways to maximize healing and minimize effects of brain injury through neuroplasticity. **This course is sign up only, please contact Emma to register.**

Dates: Tuesday August 8, 15, and 22  
Time : 1:30-3pm @ CBIS



**August Birthday Shout outs: Lisa and Danielle**  
*Happy Birthday from the CBIS team!*



## Road To Recovery

The Brain Twins have now made it from Newfoundland to Quebec on their journey across Canada! Their goal of this cycling trek is to raise awareness for the intersection of brain injury, mental health, substance use, and homelessness.



## Art Challenge

August 1st from 11-2pm is The Art Challenge fundraiser for the Road to Recovery. Everyone is welcome to attend this event, watching the art unfold. Lunch and live music will also be on site. Contact Chris for more information.

