

# BRAIN MATTERS

## NEWSLETTER

December 2023

Cowichan Brain Injury Society

## Coming Up in December

Our office will be closed on December 25th and 26th for Christmas holidays. If you are in need of assistance please connect with your case manager before the closure so we can support you.

## Important Dates

- 8th | Christmas Party
- 13th | Let's Dine Out @ 12
- 25 + 26th | Office Closure

## Intro to Brain Injury

Introduction to Brain Injury will be starting up again in the new year! Discussions around how brain injury is sustained, brain injury effects, and the healing process. Open to members, caregivers, and professionals.

**January 9, 16, and 23 from 1-2:30pm.**



**December Birthday Shoutout:**  
**Sean, Natasha, Anita, Nicholas**  
*Happy Birthday from the CBIS team!*

## Equine Assisted Learning

Cowichan Therapeutic Riding Association has offered another program for our clients and will begin March 26 and continue on Tuesdays for 10 weeks. There are only 7 seats available, contact Tracey to sign up! (A CBIS staff member will be present during the program.)



## Christmas Party

We are hosting our Annual Christmas Party on Friday, December 8 from 1-3:30pm at the Duncan United Church. Light food and beverages will be on site. We hope to see you all there!

