

BRAIN MATTERS

NEWSLETTER

February 2023

Cowichan Brain Injury Society

Coming Up in February

Winter GoByBike Week BC is on from February 6–12. Biking is a great way to relieve stress and increase blood flow to the brain! Make sure to have a proper fitting helmet. **Contact us if you would like help in picking the right helmet, and fitting it properly to your head.**

Important Dates

- 4th | Annual Bottle Drive 9–4pm
- 8th | Let's Dine Out @ Oak Taphouse
- 16th | Caregiver's Group 1–2 pm

Toolbox

3 sessions that follow up our Introduction to Brain Injury series! During these sessions we discuss how to optimize brain health while minimizing brain injury effects, along with discussion around coping strategies for various effects.

Toolbox will take place February 7, 14, and 21 from 10–11:30 am over Zoom. If interested, please contact Christine at 250-597-4662 or christine@cowichanbraininjury.org



February Birthday Shoutouts: Jeff, Kurt, and Ken
Happy Birthday from the CBIS team!

Healing Connections

Our previous program, Let's Get Healthy, has a new name! Wednesday mornings will now be "Healing Connections". Each week, we will be discussing different brain injury related topics, effects, and strategies.



Annual Bottle Drive

We are hosting our 3rd Annual Bottle Drive on Saturday, February 4 from 9–4
Location: Duncan Island Return It (6476 Norcross Road)

Contact us if you are willing to volunteer for this event, or any other upcoming events.

