

# BRAIN MATTERS

## NEWSLETTER

July 2023

Cowichan Brain Injury Society

## Coming Up in July

We appreciate everyone's patience with staff holidays over the summer, as Chris will be away the first week of July, and Christine will be gone the second week. We are excited to announce we will be moving Case Management and Groups and Programs into a new office space soon, stay tuned for updates!

## Important Dates

- 3rd | Closed in Lieu of Canada Day
- 25th | Art with Gladys
- 28th | 4th Annual BBQ @ CBIS

## Introduction to Brain Injury

Introduction to Brain Injury is a 3-session series, on Tuesday afternoons. We will be discussing brain function, ways to sustain injury, brain injury effects, and the healing and recovery process. **This course is sign up only, please contact Emma to register.**

Dates: Tuesday July 4, 11, and 18  
Time : 1:30-3pm @ CBIS

## Road To Recovery

The Brain Twins have departed from Newfoundland on June 28, cycling across Canada to raise awareness for brain injury along with substance use, homelessness, mental health, and domestic violence. Follow our social media along the way to see where they are in their journey!



## Art with Gladys

Gladys, one of our new volunteers, is offering an Art workshop, open to all CBIS members on Tuesday, July 25 from 1-3pm at CBIS. Open to all levels of experience.

For more information on the workshop, contact the office.

**July Birthday Shout outs: Melanie, Christopher, Rupert, and Gustov**  
**We also wish Geoff a happy belated birthday!**

*Happy Birthday from the CBIS team!*

