

# BRAIN MATTERS

## NEWSLETTER

June 2022

Cowichan Brain Injury Society

## Coming Up in June

We have a new intern! Come and meet Natalie, from Douglas College, studying to be a Therapeutic Assistant! She is completing her diploma currently, and will be with CBIS for 8 weeks. You will likely see her

## Important Dates

- 10th | Aging Well Senior's Expo 10-3pm
- 24th | **Kitchen Party** for Brain Injury Awareness 10am
- 25th | 2nd Annual Yard Sale 9-3 pm

## Brain Injury Awareness Month

June is Brain Injury Awareness Month across Canada! Follow along our social media and website for videos about Brain Injury from Survivors.

## Intro to Brain Injury

All about brain function, overall brain health, brain injury overview. Learn about brain injury effects and how to cope with them.

**June 7, 14, 28. 1-2:30 pm via ZOOM**

Contact [Christine@cowichanbraininjury.org](mailto:Christine@cowichanbraininjury.org) for more information

**Did you know TBI occurs at an annual rate of 500 out of 100,000 individuals? That's 165,000 people in Canada each year.**

## 2nd Annual Yard Sale

June 25th from 9am - 3 pm we are hosting our 2nd Annual Yard Sale! Tables can be rented for \$25 each - bring your old goods and keep the profit! Share with your family, friends, and neighbours. Contact for more info

## Rebuilding Group Picnic

Friday, May 27 we were able to gather some of the Rebuilding participants for a potluck! Rebuilding after Brain Injury is a 24-week program that will be offered again in the Fall. For anyone interested please contact Christine.



## Aging Well Senior's Expo

We are pleased to be attending the 3rd annual Senior's Expo held at the Cowichan Exhibition Grounds. Stop by and see us from 10-3 pm on Friday, June 10th.

**"Give yourself permission to relax." - Unknown**



**CBIS**