

BRAIN MATTERS

NEWSLETTER

May 2022

Cowichan Brain Injury Society

Coming Up in May

Erica, has gone back to Nova Scotia. While here, Erica created "**Aphasia Café**" to be offered every Tuesday afternoon for Conversational Skills and Cognitive Exercises. Contact Chris for info.

Important Dates

- 11th | Let's Dine Out 12:00 pm
- 23rd | **Office Closed** - Victoria Day
- 27th | Let's Celebrate Birthdays and Successes

Charity of the Month

We are Charity of the Month at the Duncan Recycling Depot! Bring your empty bottles and cans to the Recycling Depot Bin located outside labelled "Charity of the Month" to support CBIS.

Toolbox

All about maximizing brain healing and minimizing brain injury effects, providing coping strategies for everyday living.

May 10, 17, 24. 1-2:30 pm @ CBIS

Contact Christine@cowichanbraininjury.org for more information

"The quieter you become, the more you can hear."
- Ram Dass



Looking for Volunteers

We need volunteers to help with:

- Gardening
- Cleaning
- Answering Phones
- Peer Support

And More! If interested please contact us.

Volunteer of the Year

April 25-29th was Volunteer Week. Rupert is our Volunteer of the Year! Below he is holding "Rebirth" his creation for CBIS, representing the rebirth of new life after brain injury.



Brain Tumour Awareness Month

May is the National Brain Tumour Awareness Month in Canada! All month we will be spreading awareness about Brain Tumours.

Did you know that 27 Canadians are diagnosed with a Brain Tumour every single day?

