

BRAIN MATTERS

NEWSLETTER

January 2023

Cowichan Brain Injury Society

Coming Up in January

Happy New Year! 2022 was full of many exciting events, programs, and changes for CBIS. Coming into the New Year, we will still be hosting our programs over Zoom until we are able to operate out of the CBIS office. We will be updating all our members as we move forward.

Important Dates

- 3rd | CBIS Reopens for 2023!
- 19th | Caregiver's Group 1-2 pm
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Introduction to Brain Injury

3 sessions that provide basic information about brain function, how the brain can become injured, the changes that may be expected after injury, and the process of healing and rehabilitation. Introduction to Brain Injury is open to all survivors, community members, and professionals.

Intro to Brain Injury will take place January 10, 17, and 24 from 10-11:30 am over Zoom. If interested, please contact Christine at 250-597-4662 or christine@cowichanbraininjury.org

"You are enough, just as you are"
- Unknown Author

Chemainus Community Session

Monday, January 30 from 10-12 pm we will be hosting an Introduction to Brain Injury session open to all survivors and community members at the Chemainus Library.

Space is limited for this session, if you are interested in attending please call the office to register or email emma@cowichanbraininjury.org



Self Care Strategy

After a busy holiday season, it is important to let your brain rest and recover using self care. One simple strategy to use is journaling.

Journaling has been proved to have many benefits that can help with mental, physical, and emotional health after brain injury. Journaling can be done through writing, drawing, or using audio recordings.

