

BRAIN MATTERS

NEWSLETTER

November 2022

Cowichan Brain Injury Society

Coming Up in November

Friday, November 25 will be our 3rd Annual General Meeting from 4-5pm, we welcome everyone to attend! The AGM will be held over Zoom, [please RSVP so we can send you the Zoom link.](#) We hope to see you there!

**Updated Membership required to vote*

Important Dates

- 9th | Let's Dine Out @ White Spot 12-1 pm
- 11th | **Remembrance Day** CBIS Closed
- 18th | Let's Watch Movies 12:30-2:30 pm
- **25th | Annual General Meeting 4-5 pm**

Save the Dates!

10-11:30 am on Wednesday, December 14 will be Christmas Baking at CBIS!

Bring your favourite recipes, If your recipe requires special ingredients, we ask you to supply those. RSVP with Emma if you are planning to attend.

10-2 pm on Friday, December 16 will be our Christmas Potluck!

Chris will be supplying a turkey, please contact us to RSVP and let us know what you plan on bringing!

***More details on both these events to come!*

November is Fall Prevention Month!

Make sure you are taking the safety steps to prevent falls in your home and in the community.

Let's Watch Movies is back!

This peer-led program will be held once a month @ CBIS, we will be watching a movie, and yes, popcorn will be provided!



Intro to Brain Injury

Introduction to Brain Injury is a 3-part Series that will be held Thursdays from 10-11:30 am. Introduction to Brain Injury is open to all survivors, family members, community members and professionals.

For anyone interested in signing up please contact
christine@cowichanbraininjury.org
or call 250-597-4662

