

# BRAIN MATTERS

## NEWSLETTER

October 2022

Cowichan Brain Injury Society

### Coming Up in October

This month is going to be SPOOK-tastic, we have lots of programs happening, and are offering our *5th Annual Flu Clinic* October 28 from 12-3. Reserve your spot by contacting us to book your 10 minute appointment. Note: Date dependent on whether the vaccine is available.

### Important Dates

- 10th | **Thanksgiving** CBIS Closed
- 12th | **Let's Dine Out** Rock Cod Cafe  
12pm-1pm
- 28th | **Annual Flu Shot Clinic 12-3 pm**

### Intro to Brain Injury

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

Introduction to Brain Injury is the starting point for all our groups and programs as it helps solidify an understanding of what may be happening with you or your loved one.

**For anyone interested in signing up please contact [emma@cowichanbraininjury.org](mailto:emma@cowichanbraininjury.org) or call 250-597-4662**

### Let's Get Healthy

Due to the changes in the pandemic, we are able to offer more in person programming. **Starting this month, we will be alternating in-person and Zoom sessions for Let's Get Healthy.** Look at the calendar for details.

If you have any questions please contact  
[emma@cowichanbraininjury.org](mailto:emma@cowichanbraininjury.org)



### Peer Social and Soup's On

Above is the group soaking up the last sunshine of September!

Going into fall we will now be offering Soup only on Fridays, and our Social Group will be inside due to weather. We ask that everyone donate \$2 if possible for Lunch on Fridays.

**"If you change your mindset, you have the ability to change your whole world." - Damien Thomas**

