

BRAIN MATTERS

NEWSLETTER

September 2022

Cowichan Brain Injury Society

Coming Up in September

This month we are back to regular programming now that Summer is over! Try something new this season and join one of our groups you have not attended yet!

Important Dates

- 5th | **Labour Day** CBIS Closed
- 10th | **World Suicide Prevention Day**
- 30th | **National Truth and Reconciliation Day**

National Truth and Reconciliation Day

September 30 recognizes the history of the residential school system, honours the resilience, dignity and strength of survivors, intergenerational survivors and remembers the children who never came home. Wear an Orange Shirt and send us a picture to promote this day.

Toolbox

Toolbox is a 3 week mini-series of education sessions, explaining ways to minimize brain injury effects and maximize brain health.

Toolbox will take place via ZOOM on September 8, 15, 22, and 29

If interested please contact Emma by calling the office or e-mail emma@cowichanbraininjury.org

World Suicide Prevention Day

September 10th is the worldwide Suicide Prevention Day. As we approach winter months, you may feel more isolated, or just need some extra support. Please reach out to CBIS if you feel your symptoms increasing.

If you or someone you know is having thoughts of suicide, call 1-800-784-2433 **(1-800-SUICIDE) Available 24/7**



Let's Dine Out

Let's Dine Out this month will be at The Shipyard Restaurant in Maple Bay. Meet us there for lunch and laughter!

When: Wednesday, September 14th from 12- 1pm

Where: Shipyard Restaurant, 6145 Genoa Bay Rd, Maple Bay
Call CBIS to RSVP

