

BRAIN MATTERS

NEWSLETTER

April 2023

Cowichan Brain Injury Society

Coming Up in April

The office will be closed from April 7th to the 10th for the Easter holiday weekend. There are no programs scheduled for these days, if you have any questions please contact staff.

Important Dates

- 12th | Let's Dine Out @ York St. Diner
- 14th - 16th | Hockey Tournament
@ Cowichan Community Centre
- 20th | Caregiver's Group 1-2 pm

Introduction to Brain Injury

Intro to Brain Injury discusses brain health and function, ways that the brain can be injured, and common brain injury effects. This series is open to all brain injury survivors, loved ones, and community members.

April 11, 18, and 25 10-11:30 am @ CBIS.
Contact Christine to register.



April Birthday Shout outs: Amy, Glenn, John, Barbra, Bev, Victoria, Seumas, and Megan
Happy Birthday from the CBIS team!



Men's Shed Meetings

Men's Shed Meetings will be switching to Thursdays in April. April 6 from 12-2 pm will be the final "interest" meeting, and following the sessions will be Thursdays from 1:30-3pm to plan and develop projects. Open to anyone.



Let's Learn Karate

Our new student, Lisa, will be facilitating a 4-week Karate Program on Wednesdays from 6-7pm @ CBIS. The dates will be April 25, May 2, 9, and 16th. No experience needed. Registration required as there are limited seats available. Contact us to sign up.