

BRAIN MATTERS

NEWSLETTER

January 2024

Cowichan Brain Injury Society

Coming Up in January

Happy New Year! In February, our Trans Canada office will be moving to another unit in the same building, to allow for more program space and another case manager! We will keep everyone updated with the move, please reach out with any questions.

Important Dates

- 1st | New Year's Day: Office Closed
- 10th | Let's Dine Out @ 12pm
- 24th | Art with Gladys 1-3pm

Intro to Brain Injury

Introduction to Brain Injury is the foundation for most of our programs. Discusses how brain injury is sustained, brain injury effects, and the healing process. Contact Tracey to sign up.

January 9, 16, and 23 from 1-2:30pm.



January Birthday Shoutout:
Ken, Dave, Stuart, Natasha, Donna, and Garth
Happy Birthday from the CBIS team!



Equine Assisted Learning

Cowichan Therapeutic Riding Association is facilitating a program for our clients that will start March 25 and continue on Mondays for 6 weeks. There are only 7 seats available, contact Tracey to sign up! (A CBIS staff member will be present during the program.)



She Shed

Connect with others and get creative in this peer-led program. Open to all community members who identify as a female (age 19+). This program takes place Tuesdays from 1:30-3pm at the Cassino Rd. location.

