

BRAIN MATTERS

NEWSLETTER

February 2024

Cowichan Brain Injury Society

Coming Up in February

We have moved our client services to the new office space! The unit is located in the same building on the Hwy. It is a larger space to accommodate more participants in our programs and another case manager office! Drop in to see us!

Important Dates

- 13th | Beer and Burger Fundraiser
- 19th | Family Day Office Closed
- 28th | Art with Gladys 1-3pm

Toolbox

Toolbox is a 3-session education series with discussions on ways to promote neuroplasticity, maximizing brain healing while minimizing symptoms. Sign up with Tracey!

Tuesdays February 13, 20, and 27
from 1-2:30pm.



February Birthday Shoutout: Matt, Antonio, Caralee, Bart, Jeff, Alexandria, Craig, Ken, Susan, Harry
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.)



Counselling

Counselling is available with Lori by appointment only. Clients interested in this service can connect with their case manager to discuss further. Each individual can get up to 5 sessions that are 1 hour in length.

