

BRAIN MATTERS

NEWSLETTER

November 2023

Cowichan Brain Injury Society

Coming Up in November

Lori, Registered Social Worker is offering Drop In Counselling for any of our members who would like support. Come to Cassino Rd location anytime between 10-2pm on Wednesdays to chat with Lori.

Important Dates

- 8th | Let's Dine Out @ 12
- 13th | Closed Day in Lieu
- 16th | Caregivers' Group 1-2pm
- 29th | Art with Gladys 1-3pm

Rent Smart

Pascale from CWAV is offering our members a 2-session RentSmart Basic Workshop on November 8 and 15 from 1:30-3pm. Contact Tracy to sign up, there is only one seat left!



November Birthday Shoutout:
Paul, Justin, Charihey, and Emily
Happy Birthday from the CBIS team!

Mindful Mondays

Christine is offering 6 sessions of Mindful Mondays beginning November 6 at the Trans Canada location. Learn how to increase self-awareness, sensory regulation, and bring your attention to the present. Contact Tracey to sign up.



Needlework

Tracey is offering drop-in needlework most November 1 and 22 from 1-3pm. Bring your needles and yarn, and come knit or crochet with us! Work on any projects you have or start something new!

