

BRAIN MATTERS

NEWSLETTER

October 2023

Cowichan Brain Injury Society

Coming Up in October

We have our Brain Injury Gala on October 24th. The Gala will be held at the Duncan Community Lodge (formerly the Moose Lodge) and will be catered by White Spot. Tickets are available for \$150 each, and include dinner and a drink. There will be silent auction and much more! Contact us for more details.

Important Dates

- 2nd | Closed for Truth and Reconciliation Day in Lieu
- 9th | Closed for Thanksgiving
- 11th | Let's Dine Out @ 12pm
- 25th | 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, limited seats available.



October Birthday Shoutout:
Ken, Angelo, and Daniel
Happy Birthday from the CBIS team!

Caregiver's Group

Our monthly caregiver support group is back. On the 3rd Thursday of the month (October 19) from 1-2 any loved ones of an individual with brain injury are welcome to join this group at the Trans Canada Hwy location.



Drop In Counselling

Lori, Social Worker, will be holding drop-in counselling available Wednesdays from 10-2pm. There will be no appointments, and it is first come first serve. Drop In Counselling is held at 6011 Cassino Rd.

