

BRAIN MATTERS

NEWSLETTER

September 2023

Cowichan Brain Injury Society

Coming Up in September

We are officially in our new second location! Groups and programs will be held in person on site at #103-481 Trans Canada Hwy. unless otherwise stated on the calendar. Drop in is available anytime during business hours. We can't wait to welcome everyone into the new space.

Important Dates

- 4th | Closed for Labour Day
- 20th | Art with Gladys 1-3pm
- 30th | National Truth and Reconciliation Day

Rebuilding

Rebuilding is a 24-week education program, exploring various effects of brain injury, and coping strategies. Rebuilding will begin October 12 and will be from 10-11:30 Thursday mornings. There is a limited number of seats, contact Emma if you are interested in participating.

Brain Injury Gala

On Tuesday, October 24 we will be hosting our Brain Injury Gala at the Duncan Community Lodge. Dinner will be catered, there will be a silent auction, music, and more. Tickets are \$150 for community members. More information to come.



Art with Gladys

Gladys is back for another art workshop on September 20th from 1-3pm. We have a limited amount of 8 seats for the workshop so it is sign-up only, and is first come first serve. Please contact Christine or Emma to register.

September Birthday Shoutouts:
Kathy, Albert, Dayton, Brandie, Jenet
Happy Birthday from the CBIS team!

