

ACTIVITIES AND PROGRAMS AT VICTORIA BRAIN INJURY SOCIETY

OCTOBER, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/WEEKEND
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">3</div> <p>Women's Drop In: 10am–12:30 Men's Drop In: 10am–12:30 Coping Alumni Group: 1–2pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">4</div> <p>ACE: 11am – 1pm Music Prog : 1:30pm – 3pm Chair Yoga: 3:30pzm–4:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">5</div> <p>ABI 101: 10am – 12pm Walk Clinic: 11am – 12pm Mindfulness Practice Group: 1:00 – 2:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">6</div> <p>Coping: 10am – 12pm Board Games Afternoon: 1:-3pm CAP: 3:30 – 5:30pm Youth Group: 6 – 8pm Yoga: 6 – 7 pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">7</div> <p>Coping: 10am – 12pm SUNDAY: GoodLife Fitness Victoria Marathon</p>
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">10</div> <p>CLOSED Happy Thanksgiving</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">11</div> <p>ACE: 11am – 1pm Music Prog : 1:30pm – 3pm Chair Yoga: 3:30pzm–4:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">12</div> <p>ABI 101: 10am – 12pm Walk Clinic: 11am – 12pm Mindfulness Practice Group: 1:00 – 2:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">13</div> <p>Coping: 10am – 12pm Board Games Afternoon: 1:-3pm CAP: 3:30 – 5:30pm Youth Group: 6 – 8pm Yoga: 6 – 7 pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">14</div> <p>Coping: 10am – 12pm</p>
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">17</div> <p>Women's Drop In: 10am–12:30 Men's Drop In: 10am–12:30 Coping Alumni Group: 1–2pm Cooking with Les Chan 1–3pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">18</div> <p>ACE: 11am – 1pm Music Prog : 1:30pm – 3pm Chair Yoga: 3:30pzm–4:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">19</div> <p>ABI 101: 10am – 12pm Walk Clinic: 11am – 12pm Mindfulness Practice Group: 1:00 – 2:30pm Power To Be outing: 1:30-4pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">20</div> <p>Coping: 10am – 12pm Board Games Afternoon: 1:-3pm Seizures Workshop: 1-2:30pm CAP: 3:30 – 5:30pm Youth Group: 6 – 8pm Yoga: 6 – 7 pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">21</div> <p>Coping: 10am – 12pm</p>
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">24</div> <p>VBIS CLOSED for staff and volunteer Pro D Day</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">25</div> <p>ACE: 11am – 1pm Music Prog : 1:30pm – 3pm Chair Yoga: 3:30pzm–4:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">26</div> <p>ABI 101: 10am – 12pm Walk Clinic: 11am – 12pm Mindfulness Practice Group: 1:00 – 2:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">27</div> <p>Coping: 10am – 12pm Board Games Afternoon: 1:-3pm CAP: 3:30 – 5:30pm Youth Group: 6 – 8pm Yoga: 6 – 7 pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">28</div> <p>Coping: 10am – 12pm SUNDAY: Wicked Victoria Event, downtown</p>
<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">31</div> <p>Women's Drop In: 10am–12:30 Men's Drop In: 10am–12:30 Coping Alumni Group: 1–2pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">1</div> <p>ACE: 11am – 1pm Music Prog : 1:30pm – 3pm Chair Yoga: 3:30pzm–4:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">2</div> <p>ABI 101: 10am – 12pm Walk Clinic: 11am – 12pm Mindfulness Practice Group: 1:00 – 2:30pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">3</div> <p>Coping: 10am – 12pm Board Games Afternoon: 1:-3pm Seizures Workshop: 1-2:30pm CAP: 3:30 – 5:30pm Youth Group: 6 – 8pm Yoga: 6 – 7 pm</p>	<div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">4</div> <p>Coping: 10am – 12pm SATURDAY: Annual "Black & White.... Because Grey Matters" Gala</p>

PEER SUPPORT DROP-IN – Monday to Thursday, 10am to 3pm. No appointment necessary – just drop in.

An opportunity for people with acquired brain injury to connect with trained Peer Supporters who have experienced brain injury themselves, and have participated in our Peer Support training program.

ABI (Acquired Brain Injury) 101 – An informative introduction to brain anatomy and brain injury. In this 4 week knowledge-building course, discussions concerning brain function and brain injury with focus on causes, effects, recovery and more. This is a **prerequisite** to the “Coping Strategies” program. Must be pre-registered with staff

ACE (AWARENESS~CHOICES~EDUCATION) – An educational support group for people who have a brain injury and are also experiencing difficulties related to substance abuse. This group aims to motivate, support, increase self-awareness and examine issues and strategies of brain injury and addiction. It also aims to increase social stabilization and social interactions. Must be pre-registered with staff.

CAP (CREATIVE ARTS PROGRAM) – This program focuses on art as therapy and welcomes everyone interested in art-making processes. No experience is necessary. Together we will explore the world of Visual Arts and learn how to expand your creativity and unleash your imagination. With an open studio structure you are free to work on your own project or a theme offered by the facilitator. Supplies are provided.

CHAIR YOGA – Yoga is great to help you in dealing with anxiety and pain relief. Using gentle upper body and some lower body movements, along with breathing work, chair yoga will also invigorate you!

COPING STRATEGIES – This 24 week program is an informative, in-depth course for people with brain injury. We look at strategies of daily living and dealing with the effects of brain injury. Includes several guest speakers throughout the program. **Pre-requisite:** ABI 101; must be pre-registered with staff.

MINDFULNESS – Mindfulness meditation – or mentally focusing on being in the present moment – has proven an effective tool to help people with cognitive and behavioral issues after TBI. With meditation of all kinds – from chanting to visual imagery – people can make peace with their new self and not get swept up in the constant maelstrom of mental obsessions.

- ◆ 4-week course, with a certified Mindfulness and Meditation facilitator, offered some months on a Tuesday.
- ◆ Mindfulness practice group with the Mindfulness Community Victoria on Wednesdays, to practice meditation and have discussions about mindfulness .

MUSIC PROGRAM – Would you like to join a light-hearted group that loves to sing, play guitar and make music? This group may be for you! Music therapy is the skillful use of musical elements by an accredited music therapist to promote, maintain and restore mental, physical, emotional and spiritual health. Must be pre-registered with staff

WALK & RUN PROGRAM – Whether your goal is to run in a marathon or be able to walk around the block; whether you have to use a walker or are a power-walker; this is a great activity to get involved in! To participate, contact us to for a few quick steps before starting.

YOGA – Yoga is a great way to relieve stress, build strength, and increase flexibility for participants of all shapes, sizes, and abilities. This class is for brain injury survivors and their families. Yoga mats are provided.

YOUTH SUPPORTING YOUTH – For young adults between the ages of 18 - 25 coping with a brain injury, to address the unique concerns and challenges faced by young people with brain injury. Brain injury is the leading cause of disability for people of this age group, and the foundations for future successes are laid at this age. The skills one learns during this formative period will serve them for the rest of their life.

LOOK AT WHAT IS COMING UP AT VBIS!

November 3rd: Registered Disability Savings Plan (RDSP) information session. The RDSP is a long-term savings plan to help Canadians with disabilities and their families save for the future.

IF YOU HAVE ANY THOUGHTS OF TOPICS YOU WOULD LIKE TO HAVE INFORMATION ON, PLEASE LET ANNA KNOW!