

## PROGRAMS 2022

Please call to register: 519-981-1329

or email: [info@biawe.com](mailto:info@biawe.com) to get on the invitation list.

Most meetings are done via ZOOM.

### Pediatric Caregiver Support Group

This support group is for parents and caregivers of children ages 6 to 18 who have an acquired brain injury (ABI). This program empowers caregivers to manage the challenges that ABI brings to their child, their families and themselves. Freedom to exchange ideas, facilitated by a social worker will help reduce caregiver strain and burden and through education and training, will improve the quality of care for children with an ABI.

Call to register. Dates TBD

Sponsored by:



### “You Are Not Alone” Peer Support Group

This is a monthly support group for individuals with acquired brain injury aged 18+ years and their family and friends. Talk with others about things you care about and get information and support that can help you.

2nd Tuesday of each month 7:00—through Zoom

### Peer Support and Mentoring Program

**Partner** - You will have the opportunity to learn from someone “who has been there” and can offer you guidance and support based on their own personal experience living with ABI.

Support is provided to you via the telephone and internet, based on your preference so you can participate in the comfort and privacy of your home.

**Mentor** - You have the opportunity to help others by sharing your experience by providing support and information to your partner who has a similar lived experience.

You will have comprehensive training in your community to match with a Partner.

It’s a one year commitment.

### Survivor Social Group

This is a monthly social for persons with acquired brain injury. This also includes special outside events held several times per year. This is a good opportunity to meet others who share common interests in a fun, relaxed atmosphere.

4th Monday of every month at 7:00 pm— Hospice 6038 Empress St.—Education room

### Caregiver Support Group

Feeling a bit overwhelmed? Feeling the need to talk to someone who understands what you’re going through? Come to this monthly drop-in for family and friends of individuals with acquired brain injury.

4th Tuesday of every month - 7:00 pm—Hospice 6038 Empress St.—Dolphin Room



### Young Adult Coffee Chat 18-30 years

Young people meet to discuss their experiences, share ideas and provide emotional support for one another. The biggest benefit of attending this support group is to realize you are not alone - that there are others who have the same issues. It can help you develop new skills by learning to deal with problems related to the brain injury. Everything that takes place within the support group stays confidential.

2nd Wednesday of each month 7:00 through Zoom

### Coffee Chat—Social

Reduce social isolation and talk with friends. No agenda.

Each Wednesday from 11:00 am to Noon through Zoom

Open to those with an acquired brain injury.

Twice a month at Kingsville Community Centre –1860 Division Road, Kingsville 12:30 In-person



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You must be fully vaccinated to attend in-person programs.

Programs are subject to change.

