



Fraser Valley Brain Injury Association

E-Newsletter

January February 2020

Happy New Year!

Fraser Valley Brain Injury Association wishes you all the best for a very Happy and Prosperous New Year. Thank you to the following organizations for their continued support throughout 2019! See you in 2020!

- Simpson Thomas & Associates, LLP
- Chuck Jung & Associates
- Infinity Health
- Community Therapists
- Connect Communities
- Campbell Burton & McMullan, LLP
- Slater Vecchio, LLP
- Symmetry Injury Rehabilitation
- BC Earth Exchange
- RDM Lawyers, LLP
- Reactive Injury Management
- Fraser Health Acquired Brain Injury Services
- ICBC
- Brain Injury Alliance
- Abbotsford Community Foundation
- Soroptimist International Abbotsford Mission
- Fraternal Order of Eagles – Hope, BC
- Communitas Supportive Care Services

Thank you to the Board, staff, FVBIA members, donors and funders who have worked so hard to help us continue to provide quality services to the brain injury community.



Fraser Valley Brain
Injury Association

201 2890 Garden St. Abbotsford, BC, V2T 4W7

Tel: 604-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbias.org

Funding from Fraser Health Authority Acquired Brain Injury
Brain Injury Alliance and the Province of BC

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Simpson, Thomas
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- E. NG



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on behalf of Brain Injury Survivors

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FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas. In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded in part by the Brain Injury Alliance. Feedback amongst readers was positive and more submissions were requested for future newsletters.

Editor's Note: Thank you to all of the writers for their contributions! Submissions may be edited for length.

Now is the Beginning of a New Century

By Judy Craig

Now is the beginning ofa new century

An opportunityto heal, to love, to laugh, to make new friends, and try new things.

To embracewho we are and build on our strengths.

To become.....kinder to ourselves

To reflect onhow far we have come

To dream ofendless possibilities.

To find time forsharing, caring and giving back to others.

To believe inourselves

You are loved and you are valued. Stay positive. There are no guarantees that the journey will be ok but knowing you will be ok no matter how things turn out.

Life is a wonderful adventure. The world is a better place for you having been in it.

These are my visions for the New Century. What are yours?



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FVBIA's "Pay it Forward": Healthy Lifestyles for ABI

Invites you to attend:



Chair Yoga with Christy

Christy is a certified, experienced yoga instructor. Classes will include stretching, strengthening and breathing exercises combined with relaxation techniques and mindfulness. Please PRE-REGISTER as class size is limited. Call Joy at 604-897-1563.

DAYS: Tuesdays
January 7, 14, 21 & 28, 2020
TIME: 2 to 3 p.m.
PLACE: Trinity Memorial United Church
33737 George Ferguson Way
(at Montrose), Abbotsford, BC

Ladies' R 'n' R

("Relax and Revive")

This is YOUR time, ladies - to get together for relaxing and chatting, for new activities, and for gaining some new ideas, insight or information.

DAY: Thursdays
January 9, 2020
February 13, 2020
March 12, 2020
TIME: 10:00 a.m. to noon
PLACE: Fraser Valley Brain Injury
201 – 2890 Garden Street
Abbotsford, BC

Funding for Pay it Forward: Healthy Lifestyles for Acquired Brain Injury (ABI) is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the Government of British Columbia.



"Pay it Forward": Healthy Lifestyles for ABI Activities

Current Scheduled Activities

Mondays	Mill Lake Walking Group
Fridays	Indoor Walking at Abbotsford Recreation Centre
Monthly	Ladies' R 'n' R ("Relax and Revive")

Special Upcoming Activities in 2020

Tuesday, Jan 7	Chair Yoga with Christy
Thursday, Jan 9	Ladies' R 'n' R – Topic: TBA
Tuesday, Jan 14	Chair Yoga with Christy
Tuesday, Jan 21	Chair Yoga with Christy
Tuesday, Jan 28	Chair Yoga with Christy
Thursday, Feb 13	Ladies' R 'n' R – Topic: TBA

*** **COMING SOON** - "Mindfulness and Meditation" – Information on classes to follow

Remember to check out the **Special Needs Access Program** through Abbotsford's Parks, Recreation & Culture Department. Qualified individuals with a permanent disability can receive a 50% discount on admissions, drop-in, tickets and membership at our local recreation centres. This is a great way to save money while maintaining your good health and being active in the community. The benefits of this easy, one-time application will last for your lifetime!

The PRC Subsidy Program has changed. If you qualify for this annual program (which is still based on residency and income level), you can now receive **FREE** admission to swimming, skating, drop-in fitness, and you can receive a discount on some other programs as well!

*** We have other great activities happening in the coming months, and we are always looking for new ideas, too. For more information, please contact **Joy** at **604-897-1563**. New members of FVBIA are always welcome!

Funding is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the Government of British Columbia.

Chuck Jung Associates – Psychological and Counselling Services

Vancouver (Main Office)	Surrey	Abbotsford	Chilliwack	Langley
100–805 W. Broadway Vancouver, B.C. V5Z 1K1	232–7164 120 th St. Scottsdale Square Bus. Ctr Surrey, BC V3W 3M8	260–2655 Clearbrook Rd Abbotsford, B.C. V2T 2Y6	201–45625 Hodgins Ave. Chilliwack, B.C. V2P 1P2	206–20641 Logan Ave. Langley, B.C. V1M 2G5
Tel: (604) 852-7885	Tel: (604) 792-7177	Tel: (604)-874-6754	Tel: (604) 874-6754	Tel: (604) 874-6754

Other locations in Port Coquitlam and Richmond

Website address: www.chuckjung.com

Contact us at one of our locations for more information or to book an appointment.



FVBIA Concussion Program

This is a short education and support program about concussion for:

- Those who are not eligible for Fraser Health's Concussion Clinic or
- Whose concussion was more than 6 months prior or
- are under 18/over 65

Participants are not eligible to attend other FVBIA programs without meeting proof of brain injury criteria.

Contact FVBIA at 604-557-1913 or info@fvbia.org for more information and criteria details.

ICBC & PERSONAL INJURY CLAIMS

CBM

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Rick McMullan Thomas Murphy Ashley Harrison Murray Ross Paul Seale

- Highly Qualified & Dedicated Legal Team
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- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect for You

Langley Office
200-4769 222nd Street
Langley, BC V2Z 3C1
T: 604 533 3821

Maple Ridge Office
22717-119 Avenue
Maple Ridge, BC V2X 8S5
T: 604 467 9937

Abbotsford Office
#260-2655 Clearbrook Road
Abbotsford, BC V2T 2Y6
T: 604 852 6685

www.cbmlawyers.com

**"WORKING WITH OUR CLIENTS FOR TODAY
AND THE FUTURE SINCE 1977"**

Social Media

Do you like to stay on top of current research, news articles, inspirational stories/quotes and FVBIA activities?

We are sending out fewer emails, are putting some great articles, and research information out on social media instead.

<https://twitter.com/fvbi>

<https://www.facebook.com/FVBIA?fref=ts>



Simpson Family Award

The Simpson Family Award was created by John and Morna Simpson to honour families and family members who have a loved one with an acquired brain injury that have made an outstanding contribution to the acquired brain injury community. John Simpson is a founder of the BC Brain Injury Association and the Fraser Valley Brain Injury Association and has been a strong advocate and community developer for acquired brain injury since 1982.



Non-profit organizations, community groups, businesses or individual may nominate a family that has made outstanding contributions to the acquired brain injury community. The recipient will be a family (Two or more persons who are bound together over time, living in the same community) or family member who has demonstrated outstanding and consistent caring for the acquired brain injury community.

Simpson Family Award Nomination Form

Nominee Information

Family
Name:

Last

First Name(s)

Address:

City/Prov.

Postal
Code

Phone:

Nominee Description

1. *Give a description of each family member's outstanding contribution over the past years, including what you feel is their motivation for this contribution. /50*
2. *If applicable, give us an example of how the family or family member showed leadership in their activities (for example, in identifying a need, building and attracting support, fundraising and overcoming obstacles). /30*

****NOTE** – Attach all supporting documentation such as letters of support, news articles etc. The nomination must be accompanied by at least one letter of support. /20

Nominator information

Name(s):

Organization:

Address:

Postal Code:

Phone:

Email:

Signature

Signature:

Date:

Nominations can be emailed or sent to Fraser Valley Brain Injury Association

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Phone: 604-557-1913 Fax: 604-850-2527

info@fvbia.org www.fvbia.org



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New Year's Eve

In many places people stay up late to see the old year out and the New Year in. Almost everywhere in the world church bells ring, horns toot, whistles blow, sirens shriek. London's Trafalgar Square and New York City's Times Square swarm with crowds of happy, noisy people. The hullabaloo expresses people's high spirits at holiday time.

<https://www.scholastic.com/teachers/articles/teaching-content/new-year-celebrations-around-world/>

Chinese Lunar New Year: Many Chinese children dress in new clothes to celebrate the Lunar New Year. People carry lanterns and join in a huge parade led by a silk dragon, the Chinese symbol of strength. According to legend, the dragon hibernates most of the year, so people throw firecrackers to keep the dragon awake. In the Chinese lunar calendar each of the 12 years is named after an animal. According to legend, Lord Buddha asked all the animals to come to him before he left the earth. Only 12 animals came to wish him farewell, and as a reward Buddha named a year after each one.

Rosh Hashanah, Yom Kippur: In September or October, Jews believe that God opens the Book of Life for 10 days, starting with Rosh Hashanah (the Jewish New Year) and ending with Yom Kippur (the Day of Atonement). During these days, the holiest in the Jewish year, Jews try to atone for any wrongdoing and to forgive others. A ram's horn trumpet, known as the shofar, is blown before and during Rosh Hashanah and at the conclusion of Yom Kippur.

Songkran: In Thailand, a special three-day water festival on April 13–15 marks Songkran, the Buddhists' celebration of the New Year. Parades feature huge statues of Buddha that spray water on passersby. In small villages, young people throw water at each other for fun. People also release fish into rivers as an act of kindness. At Songkran, people tie strings around each other's wrists to show their respect. A person can have as many as 25 or 30 strings on one wrist, each from a different person. The strings are supposed to be left on until they fall off naturally.

New Year History: Ancient Greeks began their new year with the new moon after June 21. Before the time of Julius Caesar the Roman New Year started on March 1. In most European countries during the Middle Ages the New Year began on March 25, the day of the Feast of the Annunciation.

More New Year Traditions

- Indonesia also has two New Year celebrations — the official one on January 1 and another on the Islamic New Year, whose date varies from year to year.
- The Russian Orthodox Church observes the New Year according to the Julian calendar, which places the day on January 14.
- In Vietnam, the New Year celebrations, called Tet Nguyen Dan, usually begin in February.
- Iran celebrates New Year's Day on March 21.
- Each of the religious groups in India has its own date for the beginning of the year. One Hindu New Year, Baisakhi, comes sometime in April or May.
- The people in Morocco observe the beginning of the year on the tenth day of Muharram, the first month of the Islamic year.
- Koreans celebrate Seollal, a five-day holiday marking the beginning of the lunar New Year.



Tri-Cities Brain Injury Group Celebrates 10th Anniversary!

Congratulations to the Tri-Cities Brain Injury Group on their 10th anniversary. Members celebrated with a wonderful Christmas lunch complete with gift exchange and many laughs. An anniversary video was compiled by Sandy Caverly, the group's long-time facilitator (pictured below left of the tree in the back), who was presented with a beautiful thank you plaque from the members. Fraser Valley Brain Injury Association's Executive Director, Carol Paetkau attended to present the group with a donation from an anonymous donor. For more information about the Tri-Cities Brain Injury Group, contact S.Caverly@shaw.ca or 604-916-5027.



Brain Injury Awareness Pins for Sale!

Fraser Valley Brain Injury Association's board of directors has created a brain injury awareness pin.

There is no official colour of brain injury in Canada so this striking brain injury awareness lapel pin is a combination of the well-recognized colours in the US.

Blue is the colour of acquired brain injury and green is the colour of traumatic brain injury in the US, so the two have been combined in this small metal pin with a secure backing.

The pin comes secured to a card with a description of brain injury, the significance of the infinity symbol, and FVBIA's contact information.

These pins are available for sale for \$5.00 each with all proceeds go towards programs and services provided by Fraser Valley Brain Injury Association. If other associations are interested in purchasing pins to sell with their own contact information on their cards, please contact us at info@fvbia.org or 604-557-1913.

Thank you to the FVBIA Board of Directors and the Pin Committee, led by Reverend. Dave Price, for the development of the pin.

Thank you to Mountain Image for their generous support of this awareness campaign.



<http://www.mountainimage.ca>



Acquired Brain Injury can be life-changing and permanent.

The infinity symbol on the pin signifies that with the right kind of help, the future for people with acquired brain injuries holds infinite possibilities.

You can be part of that future by donating \$5.00 to support services provided by your local brain injury association.

Please wear your pin proudly and help us spread awareness of acquired brain injury.

Contact Fraser Valley Brain Injury Association at 604-557-1913 or info@fvbia.org to order yours now or for more information.

Fraser Valley Brain Injury Association Annual Christmas Dinner



Over 120 people came out for FVBIA's annual Christmas Dinner and Silent Auction on December 4, 2019 at the Cascade Community Church. Thank you to everyone that donated auction items or sponsored tables/dinner tickets. This event had over 100 silent auction items and a table full of door prizes. Thank you to Rosa and Bernie Wiens for helping organize the dinner, Nathan and Leslie Unger for music/carolling, Reverend Miranda Sutherland for table grace and FVBIA staff for their help with the evening activities.

This dinner could not be held without the generous support of table and ticket sponsors.

Thank you to: Chuck Jung Associates, Ian Mackenzie & Christine Foell, Harry Snyders, Marni Matthews, Simpson Thomas & Associates, Infinity Health, Sonya Woods





FVBIA's Festival of Trees Entry 2019

Brain Injury: Infinite Causes, Consequences and Possibilities. Use Your Imagination!

FVBIA's Brain Injury Awareness Pin (and unicorns!) were the inspiration for Fraser Valley Brain Injury Association's 2019 Christmas Tree entry in the Festival of Trees at the West Coast Christmas Show in November this year.

Thank you to Mary McKee for her creative direction on this prize winning tree that won second place prize by the media judges and to Natasha, Dawn and Joy (and hubby) for helping with setup and take down.

This is a fun way to raise awareness of brain injury with thousands of people attending this annual event.

Keep an eye out for our trees every year at the West Coast Christmas Show and vote for us!

FVBIA staff pictured below from left to right:

Mary McKee, Natasha Elliott Herrick, Carol Paetkau, Dawn Walker.

"Brain Injury: Infinite causes, consequences and possibilities.

Use your imagination."

FVBIA 2019



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Concussion Awareness Training Tool (CATT) Parent or Caregiver Course

The Concussion Awareness Training Tool (CATT) is a program designed to provide parents or caregivers with the information they need to take an evidence-based approach in responding to and managing concussion.

At the end of the course, you will be prompted to enter your information to receive a certificate of completion.

If you belong to an organization that has mandated the CATT training, a copy of your certificate will also be sent directly to the organization.

Estimated time to complete: 30 minutes

<https://cattonline.com/parent-caregiver-course>



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Funding for Training Available

Funding for Food Safe and First Aid Courses is provided by the generous support of the Brain Injury Alliance, a province wide organization in British Columbia composed of individuals and organizations working together to improve the quality of life for persons living with a brain injury, their families, and their communities.

The Brain Injury Alliance has only two functions; the acquisition of funding to support community non-profit brain injury associations and groups, and to provide Government with an unbiased peer driven mechanism for fair and accountable funding disbursement.

“Providing basic FoodSafe and First Aid training has enabled persons with acquired brain injuries to volunteer for drop-in programs and fundraising activities, and has also given them valuable skills beneficial for entry into the workforce. We thank the Government of BC and the Brain Injury Alliance, for making all this possible.”- Fraser Valley Brain Injury Association

FVBIA members interested in accessing funding for specific educational or employment related training may be eligible for a grant up to \$2000 through [The Dr. Gur Singh Memorial Education Grants for Individuals](#).

Contact an FVBIA case manager for details or if you are interested in taking Food Safe or First Aid training.

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs.

You have raised **over \$1000** since December 2018.

Fraser Valley Brain Injury Association is registered with the PayPal Giving fund, which partners with Facebook to make charitable donations simple with no deductions or fees.

You can donate here and you will get a tax receipt!

<https://www.paypal.com/ca/fundraiser/hub>

Look for us by name or by typing in the following:

[paypal.com/ca/fundraiser/charity/3434455](https://www.paypal.com/ca/fundraiser/charity/3434455)

PayPal Giving Fund Canada helps people support their favourite charities online and raises funds to benefit charities through PayPal and other technology platforms. Click on the Quick Easy Impactful logo below to check out a short video on how the PayPal Giving Fund works.



QUICK



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IMPACTFUL



Fraser Valley Brain Injury Association is part of [CanadaHelps!](#)

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs!

Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

“CanadaHelps champions all 86,000 charities across Canada, no matter how big or small. Every registered Canadian charity has a profile on CanadaHelps.org, connecting donors directly to the charity so donors can easily find and donate to them.

More importantly, we offer an array of powerful online fundraising solutions that are easy to use and proven to maximize donations.”

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.

<https://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/>

<https://www.canadahelps.org>



[Homepage - 211 British Columbia](#)

Find services in your area. Find organizations.
<http://redbookonline.bc211.ca/>



Advertising Opportunities

Thank you to all of our advertisers! FVBIA welcomes submissions and advertising. Please call us at 604-557-1913 or email info@fvbia.org about advertising opportunities.

Business Card Size	\$30.00
¼ Page	\$75.00
½ Page	\$100.00
Full Page	\$200.00

The content of submissions or editorials does not necessarily reflect the views and opinions of the FVBIA. They may be edited for length. Ads in this newsletter are not an endorsement of services provided by the advertisers. This is an E-newsletter. If you prefer to have it mailed to you, please call 604-557-1913 or Toll-Free 1-866-557-1913 or email info@fvbia.org

Resource Package Advertising Opportunities

Advertising opportunities are now available in the upcoming 9th edition of Fraser Valley Brain Injury Association's Acquired Brain Injury Information and Resource Package expected to be out in March 2020!

Fraser Valley Brain injury Association reaches over 550 people by email, over 500 followers on facebook and more than 1700 on twitter. This is a great resource for people with any disability and a good opportunity to raise awareness of your organization. Each edition is widely distributed over a two year period and is updated regularly.

Advertising Rates:

- Full page ad \$1500
- Half page ad \$750
- ¼ page ad \$325
- Business Card size ad \$150

Ad submission deadline is January 31, 2020. Contact info@fvbia.org or 604-557-1913 for more information.

Acquired Brain Injury Information and Resource Package

Ninth Edition March 2020



Produced by:



**Fraser Valley Brain
Injury Association**

Are you a caregiver
looking for more
support?

Let us know what you need.

Are you interested in being part of a Caregiver's Coffee and Chat or would you like short information sessions on Self Care, Brain Injury Basics, Caregiver Burnout, Communication?

Please contact FVBIA at 604-557-1913 or info@fvbia.org to share your thoughts or to find out more about our Family Focus Groups.

Fraser Valley Brain Injury Association Endowment Fund

Endowment funds offer permanent financial support because of the income generated through careful investment management. The FVBIA endowment fund will benefit people with acquired brain injuries of today and tomorrow in perpetuity.

Your contribution will leave a lasting legacy forever linked with Fraser Valley Brain Injury Association. Please contact either the Abbotsford Community Foundation at 604-850-3755 Email: info@abbotsfordcf.org or FVBIA at 604-557-1913 Email: info@fvbia.org if you are interested in finding out more about the Legacy Stories project and the Fraser Valley Brain Injury Association's Endowment Fund.

If you are interested in donating without contributing a story, tax-deductible contributions can be made to FVBIA's endowment fund through the [Abbotsford Community Foundation](#).



GIVING BACK

The Abbotsford Legacy Stories program offers participants an opportunity to leave both a financial legacy and a historical legacy to their community. A donor makes a promise to leave a bequest to a fund held by the Abbotsford Community Foundation and their family story is inscribed in the Abbotsford Legacy Stories book on display at The Reach Gallery Museum Abbotsford and on the Foundation's website.

There is no cost to participate. We provide a writer who will interview you. The stories are placed into a special leather-bound book. When you sign your story you are agreeing that you will leave a bequest for a fund held by the Abbotsford Community Foundation. Signers receive a copy of their story.

EVERYONE HAS A STORY

Whether your family moved here five years ago or 100 years ago makes no difference. You have a story about how you or your family got here and why. Your story tells us what's important to you and to your family. It tells us what they value and how their lives reflect their values. Maybe your dad coached hockey or your mom was the president of your school's Parent Advisory Committee. Maybe the family ran a business or a farm. Maybe your family came here from another country or another province. At some point a decision was made to live here in Abbotsford and this is your home.



YOUR CHOICE

Donors may leave a bequest to support an existing donor designated or student award fund including endowments established by local charities or for ACF's Smart and Caring Community Fund supporting local charitable projects or programs. If you prefer you can establish a named fund for a specific charity, new scholarship or area of interest. To participate complete the form on the back and mail it in the self-addressed envelope provided.



Abbotsford Legacy Stories Program

You can leave both a financial and historical legacy to the community of Abbotsford by participating in the Abbotsford Legacy Stories Program.

<http://www.abbotsfordcf.org/wp-content/uploads/2016/01/Abbotsford-Legacy-Stories-Brochure.pdf>

By participating, you agree to leave a bequest to a fund (Fraser Valley Brain Injury Association) held by the Abbotsford Community Foundation and your story or the story of a member of your family you wish to honour will be written and added to the Abbotsford Legacy Book and the Abbotsford Community Foundation website. <http://www.abbotsfordcf.org/abbotsford-legacy-stories-form/>

ABBOTSFORD LEGACY STORIES PARTICIPATION FORM

- ☐ Yes I would like to tell my story!
☐ I would like to leave a legacy but not tell my story.

First Name: _____

Last Name: _____

Street Address: _____

City: _____ Postal Code: _____

Phone Number: _____

Email Address: _____

Your bequest may be directed to one or more of the following endowment funds held by the Abbotsford Community Foundation (ACF):

ACF Smart and Caring Community Fund
ACF Student Awards Fund
Abbotsford Community Services Fund
Abbotsford Hospice Fund
Abbotsford Police Foundation Fund
Big Brothers Big Sisters Fraser Valley Fund
Fraser Valley Brain Injury Assoc. Fund
Fraser Valley Conservancy Fund
Lorna Keith (Valley Concert Society) Fund
MSA Museum Society Fund
The Reach Gallery Museum Abbotsford Fund
United Way Fraser Valley Fund
Abbotsford Regional Hospital Fund

OR any other fund held by the Abbotsford Community Foundation. For a complete list visit www.abbotsfordcf.org.

You also have the option to create a new named endowment fund to be held by the Abbotsford Community Foundation.



ABBOTSFORD
COMMUNITY
FOUNDATION

Vision

Together we build a stronger, caring community.

Mission

Inspire philanthropy and develop partnerships by investing in people, projects, and programs to strengthen our community.

Strategic Priorities

- Fund Development
- Promotion
- Impactful Granting
- Build Community

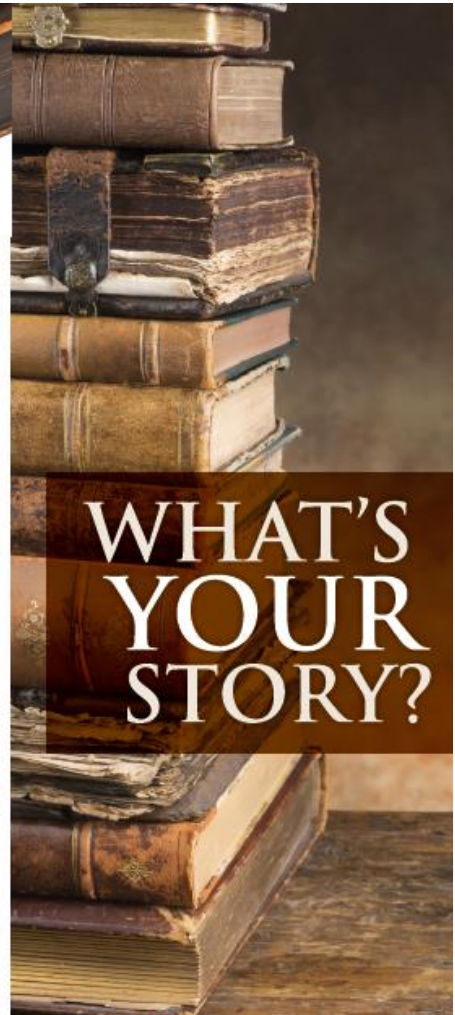
Values

Caring, engaged, responsible, trustworthy, accountable

For More Information:

Abbotsford Community Foundation
201- 2890 Garden St. Abbotsford BC V2T 4W7
Tel: 604-850-3755 • Email: info@abbotsfordcf.org
Website: www.abbotsfordcf.org

*Special Thanks to The Reach Gallery Museum Abbotsford
for hosting the Abbotsford Legacy Stories Book*



Fraser Valley Brain
Injury Association

201 2890 Garden St. Abbotsford, BC, V2T 4W7
Tel: 604-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbia.org
Funding from Fraser Health Authority Acquired Brain Injury
Brain Injury Alliance and the Province of BC

FVBIA Groups & Drop-in Programs

Abbotsford/Mission:

Drop-In:

Wed 4:00 – 7:00 p.m. & Fri 1:00 – 3:00 p.m.
5:00 meal on Wednesday
103 – 2776 Bourquin Cres. W. Abbotsford
Contact Communitas 604-850-6608

Abbotsford Coffee and Chat:

Meeting on the 4th Monday of each month
Trinity Memorial Church, 33737 George Ferguson
Contact FVBIA at 604-557-1913

Mission Coffee and Chat:

Second Tuesday of Every Month
Mission Library, Rotary Room
33247 2nd Ave, Mission, BC V2V 1J9
Contact FVBIA at 604-557-1913

Art and Photo Clubs: Langley, Abbotsford, Chilliwack
Contact Mary McKee 604-897-1452

Chilliwack: We have moved

Drop-in:

Tues 10:00 – 1:00 p.m., Thurs 12:00 – 3:00 p.m.
Lunch at 11:30 p.m. Tuesdays
45825 Wellington St. (Presbyterian Church)
Contact 604-792-6266

Chilliwack in the Now Support Group:

Contact 604-557-1913
Toll-free 1-866-557-1913

Langley

Langley Coffee and Chat:

Meeting on the 1st Tuesday of each month
Timms Community Centre
20399 Douglas Crescent, Langley, BC
Contact FVBIA at 604-557-1913

Hope

Community Leisure Program

Wed & Fri 1:00 p.m. – 3:30 p.m.
366A Wallace St. Hope, BC
Contact 604-869-7454

Drop In/Leisure Programs and Support Groups funded in part by Fraser Health ABI Program and ICBC.

Membership and Donations

Are you interesting in supporting Fraser Valley Brain Injury Association's work with people who have acquired brain injuries and their caregivers?

An automatic monthly withdrawal from your credit card is a simple way to do that.

<https://www.fvbias.org/membership-and-donations/>

Contact us at 604-557-1913 or info@fvbia.org about making a monthly contribution to support FVBIA's services and programs.

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving.

You can also donate here by simply clicking on the **Donate** button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.

Thank you for your support!

Fraser Valley Brain Injury Assoc. Membership Form

Please sign up now! Your membership is vital to our success.

First Name:		Last Name:	
Address:			
City:	Province:	Postal Code:	
Phone number:	Email:		

1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

☐ \$10 Individual ☐ \$50 Organization ☐ \$0 Courtesy

(Courtesy membership is available for low income individuals with an acquired brain injury)

2. Please make a donation

I will also support Fraser Valley Brain Injury Association's Programs and Services by donating

☐ \$25 ☐ \$50 ☐ \$75 ☐ \$ _____

3. Please become a sustaining member!

I would like to show my ongoing commitment to the work of FVBIA by becoming a sustaining member and making a monthly pre-authorized donation in the amount of:

☐ \$10 ☐ \$15 ☐ \$25 ☐ \$ _____

Payment Method (Credit Card)

☐ Visa

☐ MasterCard

I authorize deductions for this amount on the

☐ 15th or

☐ last day of each month.

Card #:		Card Expiry (MM/YY):	
Authorization (Signature):		SIGNATURE DATE: (MM/DD/YY)	

4. Please return the form to:

Fraser Valley Brain Injury Association 201-2890 Garden Street, Abbotsford, BC, V2T 4W7, Fax: 604-850-2527 or info@fvbia.org

I understand that I may revoke my authorization at any time. I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this Pre-Authorized Debit (PAD) Agreement. For more information on my recourse rights or on my right to cancel a PAD Agreement, I may contact my financial institution or visit www.cdnpay.ca. I agree to waive my right to receive pre-notification of any debits under this agreement. I acknowledge that I can request changes to the amount noted above by contacting Fraser Valley Brain Injury Association at 604-557-1913, 1-866-557-1913 or info@fvbia.org.

Fraser Valley Brain Injury Association is a federally registered charity BN # 87202 RR0001. As such FVBIA must collect some personal information in order to issue charitable tax receipts. This information includes name, address, email and phone number. FVBIA will use this information to contact you for further donations to support our programs, renew your membership, and send you newsletters and updates about upcoming events. All contributions will receive a tax receipt at the end of the calendar year. Submission of this form constitutes your consent of the collection and use of your information for the purposes listed above. You may withdraw or change your consent by contacting info@fvbia.org. All information will remain confidential.

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