



Fraser Valley Brain
Injury Association

NEWS

November / December 2025

In This Issue



**FVBIA ANNUAL
GENERAL MEETING**



**JOHN SIMPSON FAMILY
AWARD: THE COSS
FAMILY**



**WRITERS BULLPEN:
BEST DAY OF YOUR
LIFE BY ALEXANDRA
ZARYCKA**



**HOLIDAY RECIPES:
SMASHIN' STUFFINS**



**BREAKING BARRIERS:
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**RESEARCH NEWS: TBI
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Drop In's & Groups

These are some of FVBIA's regular programs and groups. Contact programs directly (below) for details and eligibility criteria or the FVBIA main office at 604-557-1913 or info@fvbia.org

Abbotsford Mission

Drop-In

Wed 1:00 – 3:00 p.m.
& Fri 11:00 – 2:00 p.m.
103 – 2776 Bourquin
Cres. W. Abbotsford
Contact Communitas
604-850-6608

Pay it Forward

(Walking Group, Yoga,
R n' R, Community
Kitchen, etc.)
Contact: 604-897-1563

Coffee & Chat

Contact: 604-897-1563

Art & Photography

Contact 604-897-1452

Chilliwack

Drop-in

Tues 10 am-1:00 pm &
Thurs 11:00 am-2:00 pm
45825 Wellington St.
(Presbyterian Church)
Contact 604-792-6266

In the Now Support Group

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

Art Groups

Contact 604-799-2044

Hope

Community Leisure Program

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

Remote Groups

Health & Wellness Group

Contact 604-557-1913

Langley

Coffee & Chat Group

Contact 604-557-1913



FVBIA staff, Francisco, presenting a Pay it Forward: Healthy Aging session to the Chilliwack In the Now group participants about financial scam awareness.

This project is funded by a New Horizons for Seniors Grant.



Government
of Canada

Gouvernement
du Canada

Fraser Valley Services & Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected!

Contact info@fvbia.org or 604-557-1913 for more information.

In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of acquired brain injury: <https://www.fvbia.org/criteria-for-services/>.

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Mill Lake Walking Group - Abbotsford
3x/week
- Community Kitchen
- R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga (virtual and in-person)
- Art, jewelry, photography and craft classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Concussion Support for Moms (Chilliwack)
- Healthy Aging
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups (Abbotsford & Langley)
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI
- Corrections Liaison program (virtual)
 - 4 - week ABI & Substance use education groups for inmates

FVBIA Staff Emails

- Freddy O'Brien: info@fvbia.org
- Joy Scobie: ijoyscobie@gmail.com
- Esther Tremblay: esther.tremblay@fvbia.org
- Wendy Kodama: wendy.kodama@fvbia.org
- Taryn Reid: treid@fvbia.org
- Jasneet Singh: Jasneet.singh@fvbia.org
- Victoria O'Brien: victoria.o'brien@fvbia.org
- Francisco Rojas Stone: francisco.rojasstone@fvbia.org

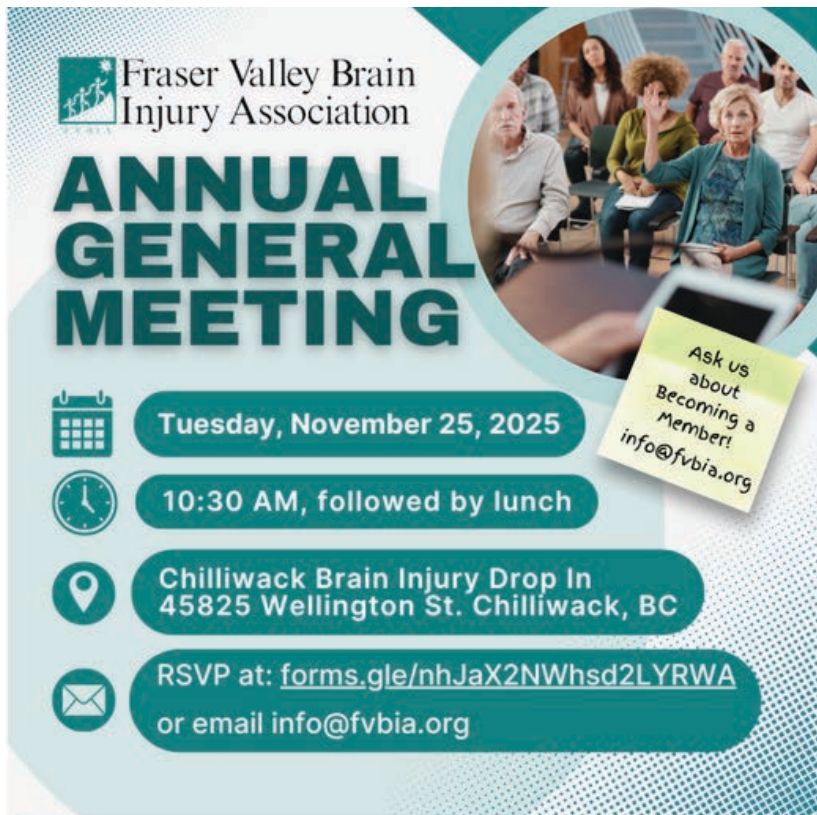
Upcoming Events

Please watch for emails and check our newsletters for the following upcoming events

November 25, 2025 - FVBIA Annual General Meeting

December 10, 2025 - FVBIA Christmas Tea & Silent Auction

January 10, 2026 - Toronto Rehabilitation Institute's 18th Annual Brain Injury Conference: Controversies and Challenges in Brain Injury (see page 10)



Fraser Valley Brain Injury Association

ANNUAL GENERAL MEETING

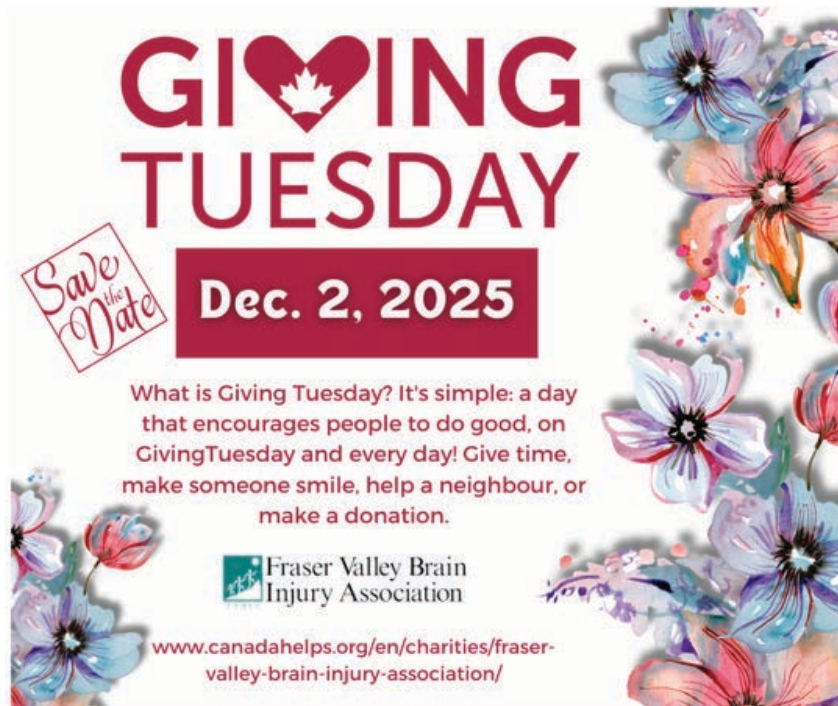
 **Tuesday, November 25, 2025**

 **10:30 AM, followed by lunch**

 **Chilliwack Brain Injury Drop In
45825 Wellington St. Chilliwack, BC**

 **RSVP at: forms.gle/nhJaX2NWbsd2LYRWA
or email info@fvbia.org**

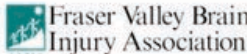
*Ask us about becoming a member!
info@fvbia.org*



GIVING TUESDAY

 **Dec. 2, 2025**

What is Giving Tuesday? It's simple: a day that encourages people to do good, on GivingTuesday and every day! Give time, make someone smile, help a neighbour, or make a donation.

 Fraser Valley Brain Injury Association

www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/

Upcoming Events

A festive poster for a Christmas Tea and Silent Auction. The background is white with green pine branches and various Christmas ornaments (gold, red, blue, green) and gold stars. The Fraser Valley Brain Injury Association logo is at the top center. The event title is in large red script. The date and time are in blue. Ticket prices are listed in green. The location is in blue. A yellow sticky note asks for donations. Ticket ordering information is in green. The Soroptimist logo is at the bottom right.

Fraser Valley Brain Injury Association

Christmas Tea and Silent Auction

Wednesday, December 10 2025
2:00 - 4:30 PM

Cascade Community Church, Abbotsford, BC
35190 Delair Road, Abbotsford, BC

Tickets:
Regular: \$30
FVBIA Members with ABI: \$15 / Non-members with ABI: \$25
Table Sponsor: \$300
Ticket Deadline: November 29, 2025

Do you have items you can donate for the Silent Auction? Call us!

Order tickets online at:
[FVBIA-Christmas-Tea-2025.eventbrite.ca](https://www.eventbrite.ca/e/fvbia-christmas-tea-2025)
or contact us at info@fvbia.org or 604-557-1913

With the support of
SOROPTIMIST
World for Women
www.soroptimist.org/clubs-1/abbotsfordandmission

A holiday greeting card with a white background and a border of green pine branches, red stars, and red gift boxes. The text is in red script and black serif fonts. The Fraser Valley Brain Injury Association logo is at the bottom center.

Happy Holidays & Happy New Year

May the holiday season wrap you in warmth and love, and may your heart be filled with joy.

From all of us at
Fraser Valley Brain Injury Association



2025 Brain Injury Golf Classic - Fun and Prizes all day long!



Thank You
to the 2025 Golf Classic Sponsors



Chris Gledhill & Robin Newbery
Matt Dorval
Geoff Sing
Carol and Rachelle Paetkau



Chuck Jung Associates
Psychological and Counselling Services

2025 Simpson Family Award Recipients

THE COSS FAMILY

One Phone Call That Changed Everything

In 2006, my wife Suzie and I were living peacefully in our hometown of Quebec City. Surrounded by family and friends, enjoying fulfilling careers, and looking forward to retirement in just a few months. It felt like life was unfolding just as we'd hoped. Then came the phone call that changed everything.

Our youngest son, Dwayne, had recently graduated from university in Nova Scotia and moved to Vancouver to join his older brother, Michael. That morning, he called with devastating news:

"Dad, Michael was in a motor vehicle accident and is now in the intensive care unit at Royal Inland Hospital in Kamloops."

Suzie and I caught the next flight to Vancouver and stayed by Michael's side around the clock.

Then came the meeting with the neurosurgeon, a moment that still echoes in our hearts. With little compassion, he told us there was nothing more they could do. Michael, he said, should be moved to a long-term care facility.

We were stunned.

But we refused to accept that fate.

By chance, we had recently heard about hyperbaric oxygen therapy (HBOT) and began researching its potential. When we asked the doctor, he admitted he knew little about it.

If we wanted to pursue it, we'd have to sign waivers and take full responsibility. It was a "try at your own risk" situation.



We contacted every hospital in Canada with a hyperbaric chamber. None would accept Michael in his condition. Then we reached out to private clinics, and only one said yes. It was in Richmond.

After just three treatments, we saw the first signs of recovery. From that point on, Michael underwent every therapy available to support his healing.

His inner strength, courage, and unwavering determination have carried him forward ever since.

His accident reshaped our lives and gave us a new purpose. Today, our family is deeply committed to supporting brain injury survivors. We're proud to be part of the Tri-Cities Brain Injury Support Group in Coquitlam, organizing monthly gatherings, bowling, mini golf, summer picnics, Christmas luncheons, even sailing adventures.

There's nothing more rewarding than seeing a survivor's smile. That smile alone brings us the greatest joy.

Continued next page...

2025 Simpson Family Award Recipients: The Coss Family Cont'd

Advocating for Permanent Supportive Housing for Brain Injury Survivors

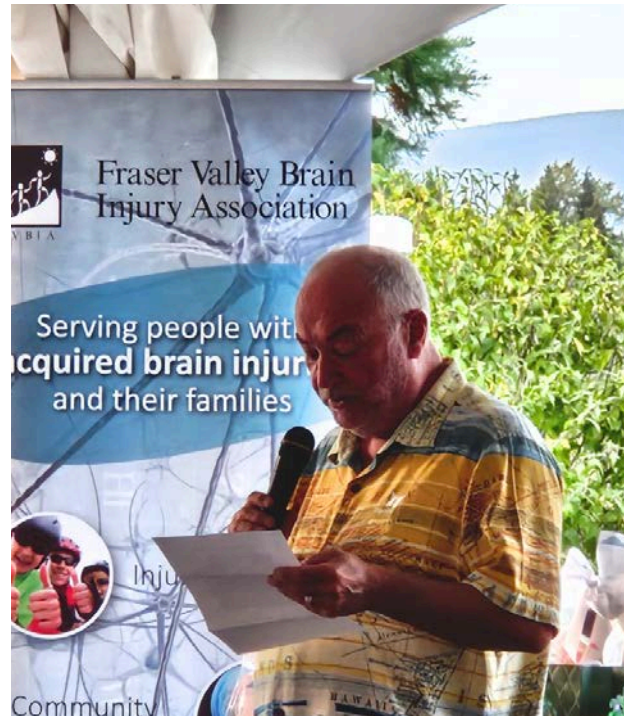
Several of our members are aging parents, now in their late 70s or early 80s, who continue to care for their adult children living with brain injuries.

Together with a dedicated group of parents and in collaboration with organizations such as the Fraser Valley Brain Injury Association the BC Brain Injury Association, and others, we are advocating for change.

Through persistence, compassion, and collective action, we remain hopeful that one day, these survivors will have access to the housing and support they deserve.

“We believe we’re all placed on this earth for a reason. And while that reason may evolve over time, it’s our responsibility to seek it out, and act on it.”

Bob, Suzie and Michael Coss



Paul Simpson, John & Morna Simpson's son (above), presents the 2025 Simpson Family Award to Bob, Suzie and Michael Coss (below with FVBIA's Executive Director Carol Paetkau)



The Simpson Family Award



"People like us know that brain injury affects not only the individual but the entire family as well in so many areas. Let's help those individuals get back on track again and give them a purpose in life. Please support the National Strategy on Brain Injury".

~Michael

#NationalStrategyOnBrainInjury #PeopleLikeUs
#BeTheChange #WeCanDoThis

Michael Coss

Brain Injury Survivor & Advocate



Thanks to the more than 1000 Canadians like Michael and his family who signed the Bill C-206 Petition, MLA Gord Johns presented the e-petition in the House of Commons on October 21, 2025 calling for a National Strategy for Brain Injury.



John Simpson was the foremost leader in the development of services for people with acquired brain injury in the Province of British Columbia since 1982.

His compassion for individuals and families affected by acquired brain injury moved him to generously dedicate decades of voluntary service to improve the lives of thousands of Canadians affected by this invisible disease.

He mentored countless professionals and supported the development and growth of at least a dozen agencies.

John created the Simpson Rehabilitation Family Award to honour the significant role that families have in the lives of people with brain injuries and the brain injury community. FVBIA continues this annual tradition now known as the Simpson Family Award.



FRASER VALLEY BRAIN INJURY ASSOCIATION BRAIN INJURY 50/ 50 JACKPOT 2025

Proceeds help to support programs for people with acquired brain injuries in the Fraser Valley.

**WINNER of 50% of JACKPOT
(\$715)**

B. Murray



community therapists



Need flexibility?

**Community Therapists is HIRING OTs
in ABBOTSFORD & CHILLIWACK**

Why Us ?

- Flexibility & Great Pay
- Excellent Mentorship
- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 36 other OTs in a dynamic interdisciplinary practice!

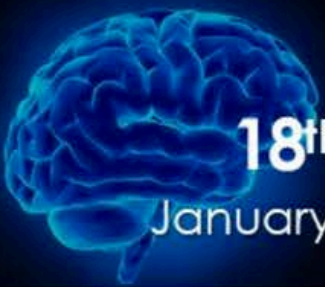
Please visit our website at communitytherapists.com/careers for more information or contact Laura Doig, HR Manager at careers@communitytherapists.com

www.communitytherapists.com

careers@communitytherapists.com • Career Contact: 604.566.8452

Building skills. Empowering people.

Est. 1989



18th Annual Brain Injury Conference

January 30, 2026 | BMO Education and Conference Centre

SAVE THE DATE

Toronto Rehabilitation Institute's 18th Annual Brain Injury Conference: Controversies and Challenges in Brain Injury

ABOUT THE CONFERENCE:

Toronto Rehab invites you to the 18th Annual Brain Injury Conference, themed Controversies and Challenges in Brain Injury. This one-day event features leading experts Carmela Tartaglia, Jeff Kutcher, Sarah Lidstone, and Abe Sniderman, along with interactive workshops on post-traumatic headaches, movement disorders, and legal issues in brain injury cases. Join us for insightful presentations, practical strategies, and valuable networking opportunities with peers and sponsors.

KEY DATES:

Registration Opens: September 5, 2025

Early Registration Rates Expire: January 5, 2026

EVENT:

Toronto Rehabilitation Institute's 18th Annual Brain Injury Conference: Controversies and Challenges in Brain Injury

DATE: Friday January 30, 2026

LOCATION: BMO Education and Conference Centre
60 Leonard Avenue, Toronto Western Hospital, Toronto

For more information:

TEENS & CAREGIVERS NEEDED!

HAVE YOU HAD A CONCUSSION?

We are recruiting **teens & their caregivers** to participate on a study evaluating the user-friendliness & credibility of a web-based concussion self-management tool **designed for teens**.



WHO IS ELIGIBLE?

- ✓ **Youth aged 12 to 18** who have experienced a **concussion** within the past 6 months and who are still experiencing at least one symptom related to their concussion
- ✓ **Parents and/or legal guardians** of youth aged 12 to 18 who have experienced a concussion within the past 6 months
- ✓ Youth & caregivers must have **access to internet** and must be able to **read and understand English**
- ✓ Must reside in **British Columbia or Yukon**

WHAT IS INVOLVED IN THE STUDY?



Screening to assess
for **eligibility**

5 MIN



Explore the web-based tool with a researcher on Zoom

1 HR

← 1 WEEK →

Youth: complete a **daily survey** over a week
2 MIN per DAY

Caregivers: Review website content

30 MIN



Complete a **phone or Zoom** interview and a brief online survey

15-20 MIN

YOU WILL EACH RECEIVE UP TO \$30 IN AN E-GIFT CARD FOR YOUR TIME COMPLETING THE STUDY

FOR MORE INFORMATION & TO PARTICIPATE



Participant Interest Form
(Scan the QR code or go to link:
<https://redcap.link/a91a0irh>)

Please note that posting to comments sections, liking or sharing on social media or other forums about this study may identify you as a participant.



Best Day of Your Life

Hello there, readers! It's been a bit. I hope that you are all doing well and had a great year. Hard to believe (for me, anyway) that it's nearly the holidays!

I'm here today to ask you all a question. A fun question, really. It'll make you think a bit.

My question is: what was the best day of your life? If you look back on your life, what stood out to you as the best day ever?

I'll share mine.

One of the best days I ever had is one I look back on fondly. I was about 4. I had moved just a few months ago from Burnaby, BC, to Kitchener, Ontario to live with my dad's mom, my grandmother. It was a winter day - my first winter spent in Ontario.

What a shock that huge amount of snow was for me, I'm sure! But I enjoyed it. My dad was there.

He had bought me a sled. I remember it was called a "magic carpet" sled. We had a fun time sledding down a hill in a park nearby.

Afterwards, once back at home, my grandmother made me hot chocolate. I started colouring in a "My Little Pony" colouring book while taking little sips from my hot chocolate. I felt warm (which is very important in the winter), loved and happy. I was in awe of this new colouring book. I think that My Little Pony was newer at the time. I have never been into horses.

I'm simply not a horse girl. But I recall thinking that day in the year 2000 that the ponies in this colouring book were so pretty. I had such a blast that day! I think I will always remember this day.

I also have a great memory of one particular day in 2002 when I was 6 years old in Toronto. My parents and I were at an amusement park in Center Island.

I was on the log ride, and I was wearing a hat. As the log roller coaster began to descend down the roller coaster, my hat flew off. "My hat!" I yelled out. I felt worried that I'd never see it again. But suddenly, as the ride was coming to the end, my hat landed back on my head, much to my delight!

I hope that you, readers, enjoyed hearing these memories of mine. I hope that you take the time to ponder what your favourite memories are, or what the best day of your life is. It could be anything, no matter how small.

Take care, and all the best!

Alexandra Zarycka



Volunteer Facilitator Wanted – Brain Injury Support Group (Maple Ridge)

The Maple Ridge monthly Brain Injury Support Group is looking for a new facilitator to help guide discussions and support members living with the effects of brain injury.

The group meets once a month, currently on Tuesdays from 6–8 PM at Golden Ears United Church in Maple Ridge. The church has been very welcoming, and other time slots may be possible if needed.

We're looking for someone with experience working with people with cognitive impairments and ideally some group facilitation background. More importantly, we value compassion, flexibility, and a genuine interest in supporting people with brain injuries.

The role focuses on facilitating group sessions — there's no requirement for outreach or individual follow-up, and meeting reminders are already handled by volunteers. The current organizer is happy to provide mentorship and support as the new facilitator settles in.

If you're interested, or know someone who might be, please **contact Nora directly at norachambers@shaw.ca** to learn more.

Together, we can continue providing a warm, understanding space for people to connect and share their experiences.





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 by the Brain Injury Alliance, ICBC and the Province of BC.

The Bullpen has expanded to include art, photography, cartoons and poetry.

Editor's Note: Thank you to everyone for their contributions! Submissions may be edited for length.

FVBIA Newsletter 2025 Submission Deadlines

For upcoming newsletters, please note these deadlines for all written and photo submissions. All submissions are to be sent to info@fvbia.org.

January / February 2026 Issue

**Submit by:
December 18**

March / April 2026 Issue

**Submit by:
February 23**

Written articles & stories should be **maximum 500 words**, and submitted as a document file (i.e. Word). For photos submissions, please attach as **separate files as .jpeg, .png or .pdf at minimum 1800 pixals / 300 dpi (not inserted in document or body of email)**.

The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA. Submissions may be edited for length, grammar and punctuation. Published advertisements or articles are not an endorsement of services.



FVBIA's Pay It Forward: Health & Wellness Programs

FVBIA has an active "Pay It Forward: Health and Wellness for ABI" program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury and improves their overall mental and physical well-being. This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community, etc.

FVBIA's Pay it Forward Program offers a variety of activities including art, walking groups, In the Now group, Coffee & Chat groups, Health & Wellness group, Healthy Aging etc. Things are always changing so please contact FVBIA staff directly for more information and details about locations and times. For general inquiries, contact info@fvbia.org or 604-557-1913.

Health & Wellness Virtual Group

Attend via zoom with Kinesiologist and FVBIA case manager Taryn Reid on Thursday afternoons from 2:00 - 3:00pm.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics. For more information or suggestions for topics, contact your case manager or Taryn Reid at treid@fvbia.org



Funding for the Pay it Forward program is provided by ICBC, the Brain Injury Alliance, and Soroptimist International of Abbotsford Mission. We also acknowledge the financial support of the Province of British Columbia.



Coffee & Chat Groups

Welcome

Abbotsford Coffee & Chat

Place: Mill Lake Park,
Bevan Avenue Picnic
Shelter #4
Abbotsford, BC
Time: 10:30 - noon

Contact Joy Scobie at
604-897-1563 or
ijoyscobie@gmail.com
for more details

 Fraser Valley Brain
Injury Association

Abbotsford Coffee & Chat

Join us in our spacious boardroom for coffee and a chat.

This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

Days: Nov 4 & 18, Dec 2 & 16, 2025

Time: 10:30 a.m. until noon

Place: FVBIA Boardroom, 201 – 2890 Garden Street
Abbotsford, BC

*For more info AND to confirm your attendance, please
call Joy at 604-897-1563.*

◆◆◆◆◆
*Please note that the "R 'n' R" ("Relax and Revive") has
merged into the Abbotsford Coffee and Chat*

***** FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must
bring a support person with you.**

Langley Coffee & Chat

Join us at Timms Community Centre (20399
Douglas Crescent) for Langley's Coffee and Chat!

This is a great opportunity to meet other survivors
and chat.

Group members must be eligible for FVBIA
services, so please contact your case manager or
Taryn Reid at treid@fvbia.org for details regarding
dates and times.

Welcome

Langley Coffee & Chat

**Timms Community
Centre (20399
Douglas Crescent)**

Hosted 1x/month

**Contact Taryn Reid
at treid@fvbia.org
for further details
regarding group
dates and times**

 Fraser Valley Brain
Injury Association



Group Activities

Please note that the "R 'n' R" ("Relax and Revive") has merged into the Abbotsford Coffee and Chat

Mill Lake Walking Group

"Pay It Forward": Health & Wellness for ABI Program

Join us for a relaxing walk around beautiful Mill Lake!

DAYS: Mondays Wednesdays Fridays

2 MEETING PLACES:

2 P.M. - Bourquin Entrance benches

2:15 P.M. - Mill Lake Road Dock

Community Kitchen

Fraser Valley Brain Injury Association and Archway Community Services present a COMMUNITY KITCHEN

- Learn how to cook safely and nutritiously.
- Get ideas for simple meals that are easy to make.
- Prepare delicious meals that you can take home to enjoy!

DAY: Tuesday, December 9, 2025

TIME: 1 to 3 p.m.

PLACE: Archway Community Services, in The Old Court House at 33780 Laurel Street, Abbotsford

TO REGISTER, please contact Joy at 604-897-1563. **Space is limited.**

Funding is provided through the Brain Injury Alliance, ICBC and the Province of British Columbia.

***** FVBIA cannot guarantee 1:1 staff at activities.
If you require 1:1 care, you must bring a support person with you.**



HOLIDAY RECIPES

Smashin' Stuffins: A Holiday Hit!

Looking for a fun twist on traditional stuffing? These individual “Stuffins” — baked in muffin tins — are a festive favorite that wowed guests at holiday dinners - or next-day leftovers. This recipe (as featured in Prevention magazine) was shared by one of our readers, Glenda Kandt.

It is a lightened-up recipe that delivers all the cozy flavors of classic stuffing with easy portion control and a crispy edge in every bite. Perfect for holiday gatherings, potlucks, or any time you want comfort food with a little flair!

Ingredients:

- 4 Tbsp light butter, melted
- 1 cup liquid fat-free egg substitute
- 1 cup fat-free reduced-sodium chicken broth
- 1 loaf (16 oz) day-old bread (16 slices), cut in ½-inch cubes
- ½ cup minced scallions
- ½ cup minced celery
- ⅓ cup dried cranberries
- ¼ cup chopped fresh parsley
- 1 tsp grated lemon zest
- ½ tsp ground black pepper
- ¼ tsp salt
- 1 tsp poultry seasoning

Instructions:

1. Preheat oven to 375°F. Coat 16 muffin cups with cooking spray (do not use paper liners).
2. In a large bowl, combine butter, egg substitute, and broth.
3. Add remaining ingredients and toss to combine. Set aside for 15 minutes.
4. Check texture: Pinch bread; if dry, add ¼ cup warm water. Toss. Mixture should be soft and spongy, but not mushy.
5. Using an ice-cream scoop, spoon mixture into muffin cups.
6. Bake for 20 to 25 minutes.

Serves: 8

Nutrition (per serving):

- Calories: 256
- Fat: 5.3 g (19% of cal)
- Sat. Fat: 2.4 g
- Cholesterol: 10 mg
- Fiber: 2.6 g
- Protein: 9.1 g
- Carbohydrates: 44.5 g
- Sodium: 493 mg

Diet Exchanges:

- Milk: 0
- Vegetable: 0
- Fruit: 1
- Bread: 2
- Meat: 0.4
- Fat: 1

BREAKING BARRIERS: PRACTICAL JOB SEARCH STRATEGIES FOR PEOPLE WITH DISABILITIES

Contributor: Don Lewis

Introduction

Finding meaningful employment can be a challenging journey for anyone—but for people with disabilities, it often requires navigating additional layers of complexity. From identifying supportive employers to ensuring workplace accommodations, the process demands both preparation and strategy. This guide explores practical steps, rights awareness, and career-building tips that empower people with disabilities to thrive professionally.

TL;DR

- *Focus on strengths and transferable skills.*
- *Research companies known for inclusion and accessibility.*
- *Learn your rights under laws like the ADA.*
- *Consider career paths such as remote work, creative roles, and tech.*
- *Build a strong, adaptive resume and practice inclusive interview strategies.*

Empowered Career Foundations

Education and training remain powerful levers for employability.

Programs that offer a bachelor in business administration can prepare candidates for accessible career paths in management, marketing, and entrepreneurship—fields that reward adaptability and critical thinking.

Combining education with vocational support, networking, and mentorship significantly increases visibility to inclusive employers.

Accessible Career Options (Example Table)

Job Type	Why It Fits	Key Skills
Remote Customer Support	Flexible, tech-based, adaptable to accessibility tools	Communication, empathy, organization
Data Entry / Analysis	Structured, predictable workflow	Accuracy, focus, computer literacy
Creative / Digital Media	Encourages expression and remote collaboration	Design, writing, strategy
Education & Tutoring	Enables impact and connection	Communication, subject expertise
Entrepreneurship	Full autonomy and flexibility	Business strategy, leadership

HOW TO FIND AND SECURE THE RIGHT JOB

Step-by-Step Process

Assess your strengths and needs

Create a skills inventory and note any workplace accommodations that support productivity.

Research inclusive employers

Review disability employment networks and check resources such as [CareerOneStop](#) or [AbilityJobs](#) for verified opportunities.

Build a professional online presence

Optimize your LinkedIn profile and engage with advocacy communities such as [Disability:IN](#).

Tailor your resume

Emphasize achievements and measurable results. Focus on skills, not conditions.

Prepare for interviews

Practice disclosure language and rehearse responses emphasizing problem-solving and adaptability.

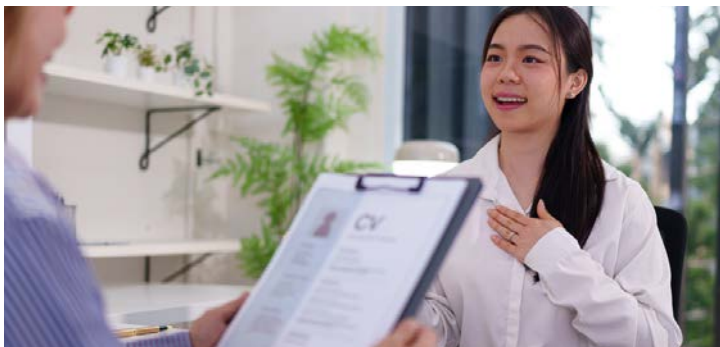
Follow up and negotiate

After interviews, express gratitude, clarify accessibility needs, and confirm next steps in writing.

Breaking Barriers Cont'd...

Essential Checklist: Preparing for Job Success

- ✓ Identify career goals and accessibility needs
- ✓ Research companies' disability inclusion policies
- Build a strong, keyword-optimized resume
- ✓ Rehearse disclosure and accommodation requests
- ✓ Connect with disability advocacy job programs
- ✓ Keep a professional presence across digital platforms
- ✓ Apply consistently, track responses, and follow up



Understanding your rights empowers better negotiation and workplace integration.

- Americans with Disabilities Act (ADA) – protects against discrimination in hiring and employment.
- Job Accommodation Network (JAN) – provides confidential advice on workplace adjustments.
- Vocational Rehabilitation Services (VRS) – offers state-based employment support.
- Equal Employment Opportunity Commission (EEOC) – enforces anti-discrimination laws.

For broader career development insights, visit [Indeed Career Guide](#) or explore accessibility-focused organizations like [National Disability Institute](#).

FAQ

Q1: Should I disclose my disability during hiring?

A: Disclosure is optional. Only share information necessary for accommodations or if it helps you demonstrate strengths.

Q2: How do I know if an employer is disability-friendly?

A: Look for inclusion certifications, accessibility statements, or partnerships with disability advocacy networks.

Q3: What jobs are best for remote or hybrid accessibility?

A: Roles in writing, analysis, IT support, and marketing often offer remote flexibility and accessible platforms.

Q4: Can assistive technology improve job performance?

A: Absolutely—tools like screen readers, adaptive keyboards, and AI writing assistants increase independence and productivity.

ICBC & PERSONAL INJURY CLAIMS



CBM Lawyers

Your community law firm.™



- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
- We Cover All Costs Needed to Pursue Your Claim
- We Keep You Fully Informed Throughout Your Case
- 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 St. Langley, BC V2Z 3C1 Phone: 604-256-5954	Maple Ridge Office #203- 22471 Lougheed Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432	Aldergrove Office #100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785
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**"WORKING WITH OUR CLIENTS FOR
TODAY AND THE FUTURE SINCE 1997"**

Breaking Barriers Cont'd...

Glossary

- **ADA:** Americans with Disabilities Act, a U.S. civil rights law protecting individuals with disabilities.
- **Accommodation:** Workplace modification that enables equal opportunity and performance.
- **Disclosure:** Voluntarily sharing disability information to receive support or adjustments.
- **Vocational Rehabilitation:** Programs offering career counseling and job placement for individuals with disabilities.
- **Assistive Technology:** Devices or software that enhance accessibility and job performance.

Conclusion

Employment for people with disabilities isn't simply about finding a job—it's about aligning one's skills, rights, and support systems to create sustainable success. By combining education, advocacy, and strategy, every applicant can move from uncertainty to empowerment, shaping workplaces where inclusion isn't an exception—it's the standard.

Additional Reading & Tools

- [U.S. Department of Labor: Disability Employment Policy](#)
- [LinkedIn Learning Accessibility Collection](#)
- [Monster Job Search Resources](#)
- [Remote.co Career Resources](#)
- [Workforce Recruitment Program \(WRP\)](#)
- [O*NET Online](#)
- [Glassdoor Career Insights](#)
- [National Organization on Disability](#)

Discover the comprehensive support and resources available at the [Fraser Valley Brain Injury Association](#) to help navigate the journey of recovery after an acquired brain injury.



Did you know:

In Canada, concussions make up 80 % to 95 % of all traumatic brain injuries (TBIs). [Health Infobase](#)

Among sledding/tobogganing injuries in Canada, 21.4 % involve a traumatic brain injury (11 % are concussions). [Health Infobase](#)

Falls are the leading cause of TBIs in older adults; in winter, icy surfaces increase fall risk significantly. [preventfalls.ca](#)



Emergency Transit Assistance Program (ETAP)

Fraser Valley Brain Injury Association provides free transit vouchers to people who have an Acquired Brain Injury (ABI) and need to use public transportation (including HandyDart) to access services and appointments for:

- employment
- education
- medical
- dental
- social recreation
- food, and
- shelter

Contact your FVBIA Case Manager or Program/Group Facilitator to inquire about available ETAP tickets. ETAP is currently only available in Abbotsford, and supply is limited.



Fraser Valley Brain
Injury Association



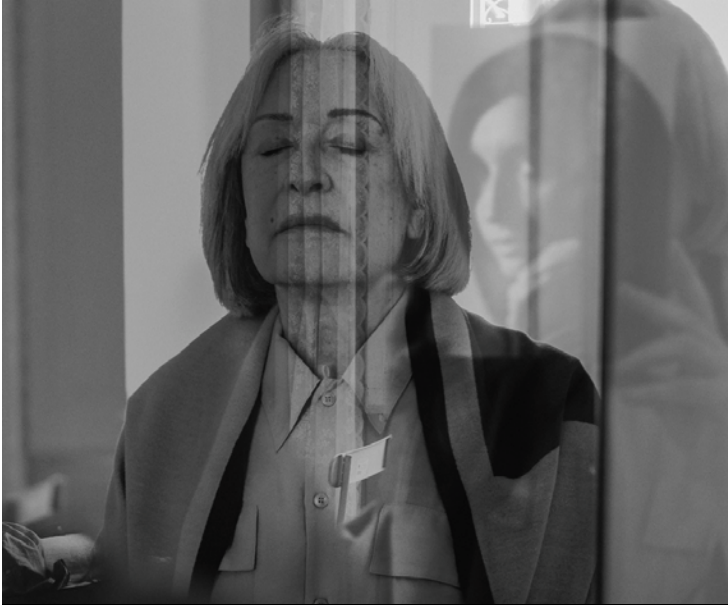
604-557-1913



info@fvbia.org



HEAD INJURIES IN OLDER ADULTS LINKED TO DEMENTIA AND GREATER CARE NEEDS



Ontario research highlights a strong link between traumatic brain injury, dementia, and higher care needs in older adults—especially among women and those in smaller communities.

A new Ontario study has revealed that a traumatic brain injury (TBI) — even one caused by a simple fall — can have lasting effects on memory, independence, and overall health for older adults.

Researchers examined the health records of more than 132,000 Ontarians aged 65 and older who experienced a new TBI between 2004 and 2020, comparing them to similar individuals who hadn't had a brain injury. Over as many as 17 years of follow-up, the differences were striking.

Older adults who had a TBI were much more likely to develop dementia, need home care, and move into long-term care. The risk of dementia was nearly 70% higher within five years of the injury and remained elevated over time.

People who had a TBI were also 30% more likely to need publicly funded home care and 45% more likely to enter a long-term care home.

The study also uncovered important social patterns.

Women from lower-income neighbourhoods were more likely to develop dementia than men, and people living in smaller or rural communities were less likely to receive home care support — often entering long-term care sooner. Researchers say this shows how social and economic factors, such as income, gender, and community size, can shape recovery and access to care.

Falls are the leading cause of brain injury in older adults, making up about half of all TBIs in Canada — and most are preventable. With more than one million Canadians over 65 expected to experience a brain injury in their lifetime, prevention and equitable support are more important than ever.

The researchers emphasize the need for better fall prevention programs, such as balance and strength training, home safety checks, and community awareness. They also call for improved access to rehabilitation services and home care, especially in smaller communities, where resources are often limited.

Citation: Canadian Medical Association Journal (CMAJ) October 06, 2025

Research Article Authors: Yu Qing Huang, Manav V. Vyas, Susan E. Bronskill, Zhiyin Li, Jun Guan, Peter M. Hoang, Alan Tam, Mark Bayley, Corita Vincent, Sharon E. Straus and Jennifer A. Watt 197 (33) E1067-E1077;

Read the original paper: <https://doi.org/10.1503/cmaj.250361>

👉 **You can help make a difference. Learn simple steps to prevent falls, stay active, and create safer environments for older adults. Support community programs that promote brain health and recovery after injury. Together, we can reduce risks, improve recovery, and help older adults stay independent and thriving for years to come.**

Reduced Cost Counselling Program

Chuck Jung Associates

Accepting Referrals

Chuck Jung Associates is providing a Reduced Cost Counselling Program in our Vancouver office. This service is in-person and/or via Telehealth. We are aware of the significant cost of psychological counselling, which puts this service out of reach for many.

In our Reduced Cost Counselling Program, a senior doctoral student in psychology, is supervised by a senior psychologist in our practice. Services are provided in a broad range of areas, treating problems of depression, anxiety, anger, adjustment difficulties to physical injury (e.g., chronic pain, emotional adjustment to brain injury). The cost is \$70.00 per session.

We are pleased to have doctoral student, Ms. Sarah Panofsky, MA, RCC as our therapist-student. Please see her bio below.

Also, see our weblink below for more information:

<https://www.chuckjung.com/doctoral-student-therapists/>

<https://www.chuckjung.com/services/reduced-cost-counselling/>

You can also reach us at 604-874-6754 or
admin@chuckjung.com



Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120 th St. St	The Mark (North Building	201 – 45625 Hodgins Ave.	8661 201 St. (2 nd floor).
Vancouver, B.C. V5Z 1K1	Scottsdale Square Bus. Ctr	102-32625 S. Fraser Way	Chilliwack, B.C. V2P 1P2	Langley, B.C. V2Y 0G9
Tel: (604) 874-6754	Surrey, B.C.V3W 3M8	Abbotsford, BC V2T 1X8	1-877-870-6754 (toll free)	Tel: (604)-874-6754
Fax: (604) 874-6424	Tel: (604) 874-6754	1-877-870-6754 (toll free)		

Other locations in Tri-Cities, Burnaby, North Shore and Richmond

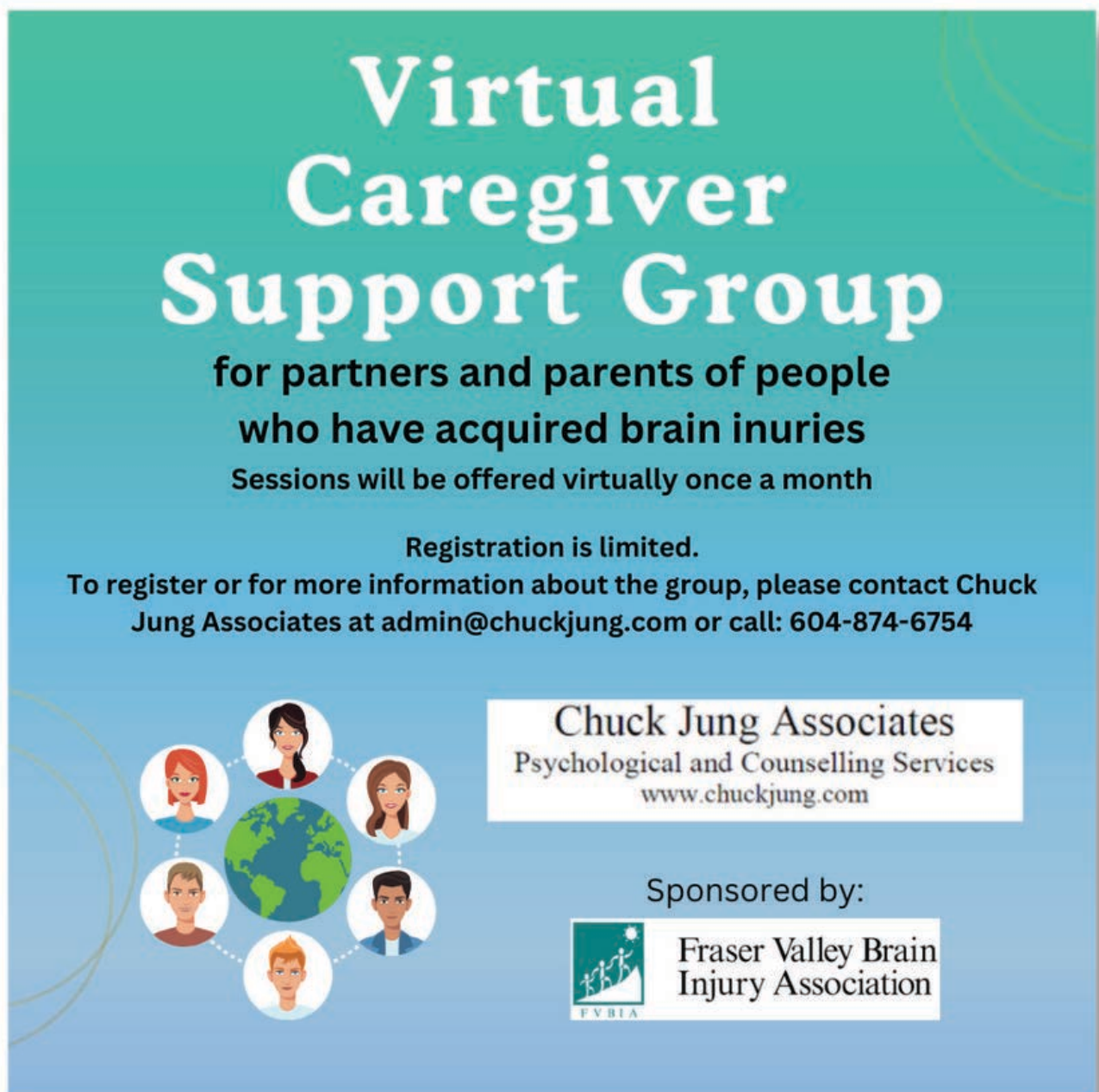
Website address: www.chuckjung.com

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

Virtual Caregiver Support Group

If you identify as a caregiver of a partner or child (of any age) of a person who has had an acquired brain injury and you are looking for some support, FVBIA and Chuck Jung Associates are offering a FREE Virtual Caregiver Support group for caregivers in the Lower Mainland.

Find out more at admin@chuckjung.com or call 604-874-6754.

A flyer for a Virtual Caregiver Support Group. The background is a gradient of teal and blue. At the top, the title "Virtual Caregiver Support Group" is written in large, white, serif font. Below it, in smaller black font, is "for partners and parents of people who have acquired brain injuries". Underneath that, in a smaller black font, is "Sessions will be offered virtually once a month". Further down, in a smaller black font, is "Registration is limited." Below that, in a smaller black font, is "To register or for more information about the group, please contact Chuck Jung Associates at admin@chuckjung.com or call: 604-874-6754". On the left side, there is a graphic of a globe with six circular icons around it, each containing a stylized face of a person. On the right side, there is a white rectangular box containing the text "Chuck Jung Associates", "Psychological and Counselling Services", and "www.chuckjung.com". Below this box, there is another white rectangular box containing the text "Sponsored by:" followed by the FVBIA logo (a green square with a white stylized figure) and the text "Fraser Valley Brain Injury Association".

**Virtual
Caregiver
Support Group**

**for partners and parents of people
who have acquired brain injuries**

Sessions will be offered virtually once a month

Registration is limited.

To register or for more information about the group, please contact Chuck Jung Associates at admin@chuckjung.com or call: 604-874-6754

Chuck Jung Associates
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 **Fraser Valley Brain
Injury Association**

Beating the Winter Blues: Simple Tips for People Living with Brain Injury

When the days get shorter and the nights seem to last forever, it's easy to feel your energy dip. The cold, the darkness, and the lack of sunshine can leave anyone feeling a little "blah."

But if you're living with a traumatic brain injury (TBI), winter can hit even harder. Changes in light and routine can make fatigue, brain fog, or low mood feel worse. The good news? There are gentle, doable ways to brighten your days and lift your spirits this winter.

Soak up the light.

Sunlight is powerful—it helps regulate your sleep, mood, and energy. Try to catch some daylight every morning, even for a short walk or a cup of tea by a sunny window. If that's tough, a light therapy lamp can help bring the sunshine indoors. Many people with TBI find these lamps really helpful when the days get gloomy.

Keep your days predictable (but kind).

Routines are a brain's best friend, especially after injury. Try to wake up, eat, rest, and go to bed around the same times each day. Structure helps your brain know what to expect, and that alone can calm stress and boost mood. Add one or two small things you enjoy—like stretching, reading, or chatting with a friend—to give your day a positive focus.

Move a little, feel a lot better.

Exercise doesn't have to be big or fast to help your mood. A slow walk, gentle yoga, or light stretching can all help your body release feel-good hormones and shake off the winter slump. If balance or fatigue is tricky, talk to your therapist or physio about safe ways to stay active indoors. Even five minutes of movement counts!

Stay connected, even when it's cozy inside.

When it's cold out, it's easy to hibernate—but people need people. Staying connected helps your brain and your heart. Reach out to a friend, join an online group, or check in with others in your TBI community. Even a short conversation can lift your mood and remind you you're not alone in this season.



Feed your brain well.

Winter comfort food is great—but try to keep a bit of balance. Add some bright fruits or veggies, drink plenty of water, and keep up your meals even if your appetite is lower. Nutrition really does affect how your brain feels and functions.

Ask for help if you need it.

If your sadness or fatigue starts to linger or gets worse, you might be dealing with something called Seasonal Affective Disorder (SAD). It's common, and it's treatable. Talk to your doctor or a counselor—getting help early makes a big difference.

You've got this.

Winter can be hard, but it's also temporary. With a bit of light, movement, routine, connection, and self-care, you can help your mind and body through the season. Be gentle with yourself and celebrate small wins—like getting out of bed on time or making that call to a friend. Every little bit helps, and spring really is around the corner.

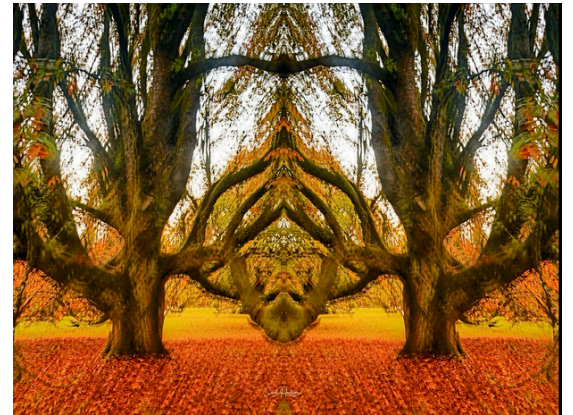
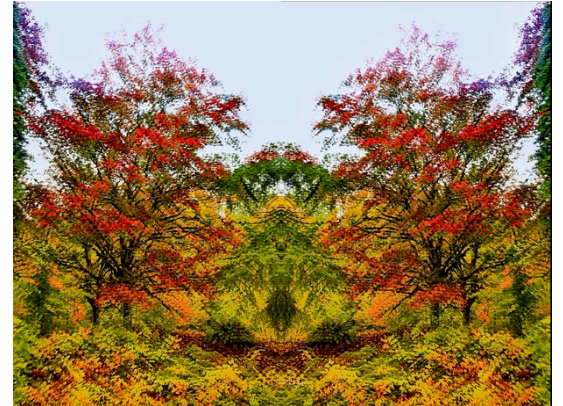
Additional Reading List:

- Bright Light Therapy for TBI: Bani-Fatemi et al., PLOS ONE, 2021. [“Blue-wavelength light therapy for post-TBI depression and fatigue.”](#)
- Morning Light and Fatigue Reduction: Coffman et al., BMC Neurology, 2021. [“Home-based light therapy for fatigue and sleepiness after TBI.”](#)
- Managing SAD: National Institute of Mental Health. [Seasonal Affective Disorder Overview.](#)
- Combined Approaches: Rohan et al., AAFP, 2020. [“Seasonal Affective Disorder: Management and Prevention.”](#)

Photos by Carol Jackson

Photos by Carol Jackson
Surrey Photography Club Field Trip/Communication Director
[Carol Jackson Photography on Facebook](#)
caroljj53@me.com

"I went to the Riverview Tree Tour on October 19 and decided to try multiple exposures. I wasn't happy with any of them but instead of trashing them, I put them through Smart Photo Editor to make them look different." ~Carol



FVBIA Activities & Staff Contributions

Fraser Valley Brain Injury Association participated in the Recovery Day community event at Mill Lake Park, Abbotsford on September 16th.



FVBIA ACTIVITIES & STAFF CONTRIBUTIONS

Here is a picture from the pumpkin patch on Hwy 7 near Seabird Island that the Hope Leisure Program participants went to in October. This is Darlene, Natasha, Debra F and Debra G. We picked up some gourdes, Indian corn cobs, and a baby pumpkin to decorate the office for fall. It was a short but fun, spur of the moment outing.

Contributor: Wendy Kodama, Hope Leisure Program Faciliator



*Cory, Darlene and Fred - with Fred the Turkey
(yes, that's the turkey's name)*



The Community Kitchen group is all smiles as they chop, stir, and share good company at Archway Community Services!

Every session brings friends together to cook healthy, affordable meals, learn recipes, and enjoy a warm sense of connection.

The next FVBIA Community Kitchen group is December 9, 2025.

(limited spaces available, see page 19 for details).

Thank you to the family of Dylan Scharft for generously supporting this group.

FVBIA ACTIVITIES HALLOWE'EN FUN!

Participants in the Abbotsford Brain Injury Drop In program painted some festive Hallowe'en pumpkins! This program is operated by Communitas Supportive Care Services with funding from FVBIA and Fraser Health Acquired Brain Injury Services.



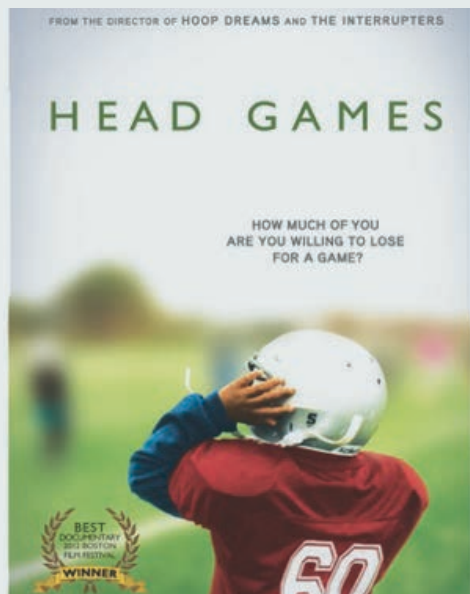
Memory Lane: here is Freddy, ready for Hallowe'en when she was about 6 or 7 years old.

Spooky-cute!

Fun Fact: Hallowe'en is the traditional spelling of Halloween — it reflects the original contraction of "All Hallows' Even," which was once commonly taught in schools.



Reel Recovery - Films to Watch



2012 | Documentary

1 hr 35 min

How much are you willing to lose for a game?

From Oscar nominated director Steve James ("Hoop Dreams") comes this revealing documentary about the concussion crisis in sports. Athletes and parents share their personal struggles in dealing with concussions from professional to youth levels, taking a deeper look at the devastating and long-term effects of concussions in all sports.

Watch on:

[Youtube](#)



Tickling our Funny Bones

Where does a snowman get the weather report?

The winternet

What did the icy road say to the car?

Wanna to go for a spin?

What do you get when you cross a vampire with a snowman?

Frostbite!

What does a gingerbread man put on his bed?

A cookie sheet!

Why do birds fly south for the winter?

Because it's too far to walk.

source: <https://www.thepioneerwoman.com/>

Pets Corner!



Jack, Carol's Grandpuppy, enjoying his autumn walks. (As long as the grass isn't wet because his tummy is so low to the ground, he gets soaked!)



Glenda shared a pic of Finnegan in his Christmas gear with antlers (2024). He belongs to her brother and his wife.



Have you ever marvelled at the quietness during a snowfall?

Freshly fallen snow absorbs sound waves, giving everything a hushed, quieter ambience during and after a flurry.

But if the snow then melts and refreezes, the ice can reflect sound waves making sound travel further and clearer.

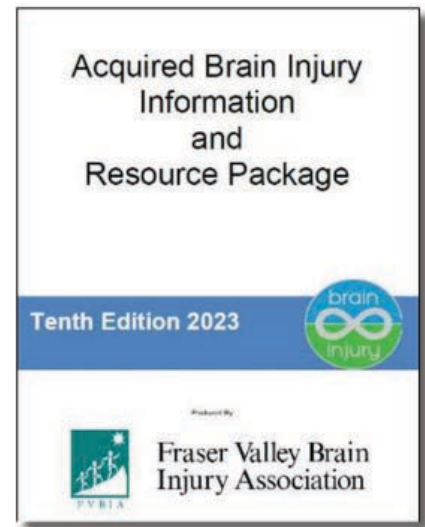
<https://www.bbcearth.com/news/17-surprising-facts-about-snow>

ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVBIA's [Acquired Brain Injury Information and Resource Package](#) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability.

This extensive resource package is available on our website <https://www.fvbia.org/abi-information-resources/>

Advertising opportunities are still available. Contact info@fvbia.org or 604-557-1913 for details.



Hey, Healthcare Partners!
Order Your Copies of our Newest Resource!

Rehabilitation After Brain Injury brochures

brought to you by:
Fraser Valley Brain Injury Association



tri-fold brochure



2-sided rack card



If you are in our Fraser Valley service region from Boston Bar to Chilliwack, we will deliver these resource brochures (2 styles to choose from) **to have in your office or waiting rooms - free of charge!!**



Scan me
or go to: forms.gle/yk6FQBj9xVhZhAbK9

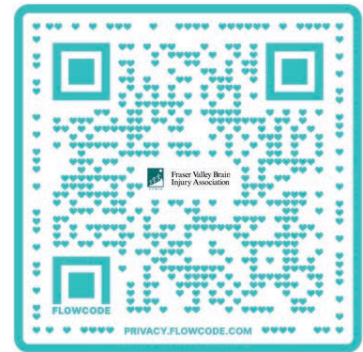
SUBSCRIBE & ADVERTISE!

FVBIA's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up. Then all you need to do is enter your name and email address.

Sign up [here](#) or contact us at info@fvbia.org

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Contact info@fvbia.org or call 605-557-1813 for more information.

Please see the separate schedule for submission deadlines

Disclaimer: The content of submitted articles, editorials or advertisements does not necessarily reflect the views or opinions of FVBIA and may be edited for length or fit. Advertisements or articles are not an endorsement of services.

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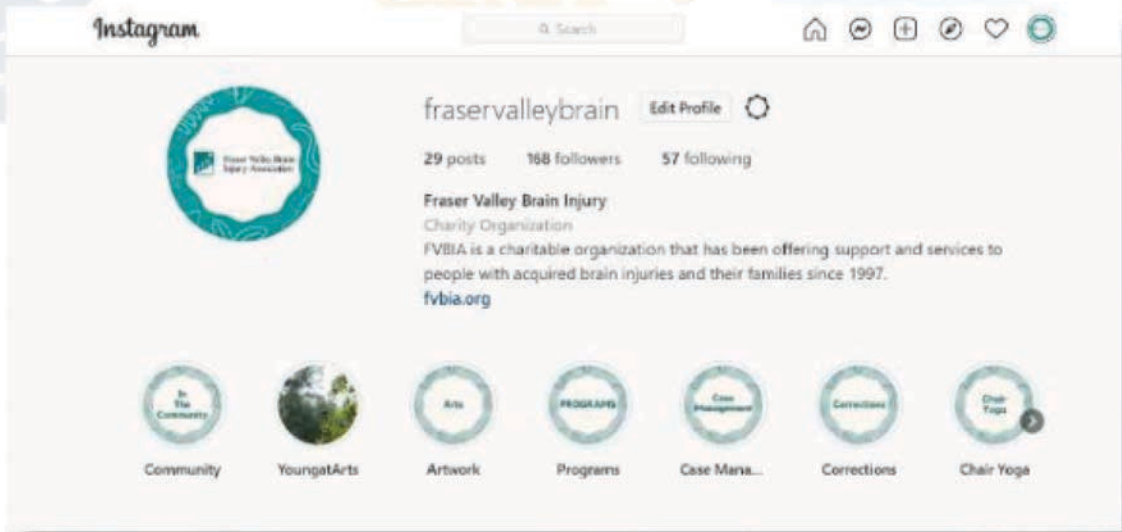


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

FVBIA's Instagram



Check out FVBIA's Instagram at www.instagram.com/fraservalleybrain/.

HOW YOU CAN SUPPORT FVBIA'S PROGRAMS & SERVICES

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

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.

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

www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/

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 \$5000 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!

www.paypal.com/ca/fundraiser/hub

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

paypal.com/ca/fundraiser/charity/3434455

PayPal Giving Fund Canada helps people support their favourite charities online and raise 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.

“

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.”



MEMBERSHIP & DONATIONS

FVBIA - John Simpson Memorial Student Award



John Simpson was the foremost leader in the development of services for people with acquired brain injury in the Province of British Columbia since 1982.

His compassion for individuals and families affected by acquired brain injury moved him to generously dedicate decades of voluntary service to improve the lives of thousands of Canadians affected by this invisible disease. He mentored countless professionals and supported the development and growth of at least a dozen agencies.

This fund offers student grants to graduating high school students in Abbotsford who have a brain injury, have been affected by brain injury in a close family member or intend to enter post-secondary education in a field that supports people recovering from brain injury.

Donate through Abbotsford Community Foundation

https://abbotsfordcf.fcsuite.com/erp/donate/create/fund?funit_id=1160

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

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

www.fvbia.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.
CRA Number: 872023338RR0001

Thank you for your support!



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*



Brain Injury Alliance

