

Brain Injury Association Quinte

“On The Sunnier Side”



February 2013



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Contact Us:

Pam Ferrill

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Belleville, On

K8N 2Z6

9:00am– 2:00pm

613-967-2756

Fax

613-967-1108

Toll Free:

1-866-894-8884

biaqd@bellnet.ca

www.biaqd.ca



Coming Soon

BIAQD 5th Annual Fundraiser

April 19. 2013

Banquet Centre, Belleville

Featuring Guest Speaker Doug Smith

One of the best hockey prospects ever to emerge from Ottawa. Doug was taken second overall in the 1981 NHL draft, but his pro career was turbulent and ended in tragedy with a broken neck. But Smith is not a man easily defeated.

[More details in the next Newsletter](#)

2013 Acquired Brain Injury Conference

May 15. 2013

Travelodge, Belleville, ON

***The Amazing Brain:
Resilience in the Face of Adversity***

FEATURING KEYNOTE SPEAKER

DR. JOANNA HAMILTON, Neuropsychologist

Deadline for Submission of Abstracts: January 30, 2013

*If you have any questions about abstract submissions, please call BIAQD Office
613-967-2756*

[More details in the next Newsletter](#)

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Belleville Brain Tumour Support Group

Meets 2nd Wednesday of every month
7:30 - 9:00pm

Eastminster United Church
432 Bridge Street East (at Herchimer)

LEAN ON US

BRAIN TUMOUR SUPPORT GROUPS

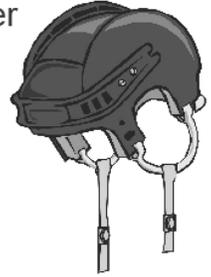
If you or a loved one have been affected by a brain tumour, you're invited to share your experiences and journey in this confidential, supportive environment.

For more information:
www.braintumour.ca | 1.800.265.5106 x.234



Got blades?

The Prince Edward County Helmets for Kids coalition is pleased to offer **FREE Public Skating** at the **Picton Arena on Friday, February 1st, 2013** from 2 - 4 p.m.



All skaters must wear a **CSA-approved hockey helmet**.

Helmets will be available to borrow for **FREE**. A helmet lending program is available at Queen Elizabeth PS, Picton. Helmets can be reserved by contacting Carole Vincent at: 613-399-5265 or beavercreek@xplonnet.ca

Get a helmet!



The Brain Injury Association of Quinte District Presents

2nd Charity Pool Tournament

**CASH PRIZES FOR
1ST, 2ND, AND 3RD
PLACE**

**Sunday, Feb 24, 2013
9:00am**

**Mr Zed's Billiard Room
322 Front St, Belleville**

\$20.00
Per Player

- 8 Ball
- Ball in Hand
- Call the pocket
- Touch the rail



Max 32 Players
Pre-Register to Guarantee
your spot in the game at
The BIAQD office
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Presents:

Brain Basics

A Training Program for Health Care Workers, Caregivers
and Survivors of Acquired Brain Injury

Program Modules

- Module 1: Parts and Functions of the Brain
- Module 2: ABI: Types and Causes
- Module 3: ABI: General Strategies
- Module 4: ABI: Consequences & Strategies: Physical
- Module 5: ABI: Consequences & Strategies: Cognitive
- Module 6: ABI: Consequences & Strategies: Behavioural/Emotional
- Module 7: Support Roles: Team and Family

Date: Wednesday, April 10th & Thursday, April 11th, 2013

Location: Holy Trinity Lutheran Church
516 Victoria Avenue, Belleville, ON K8N 2G5

Time: 8:30am - 4:30pm (Daily)

Cost: \$250.00 (Includes Lunch and Refreshment Breaks)

To reserve your seat, please register by March 27, 2013, as space is limited.

For further information please call

1-866-894-8884 (Toll-Free) or Email: biaqd@bellnet.ca
OBIA at 1-800-263-5404 (Toll-Free) or Email: obia@obia.on.ca



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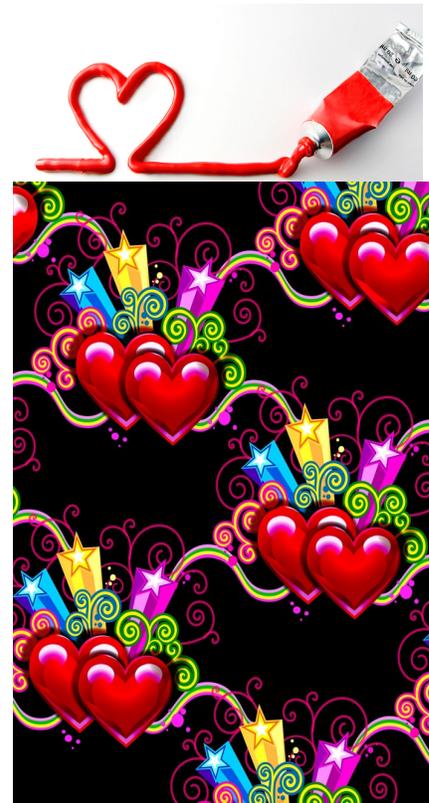
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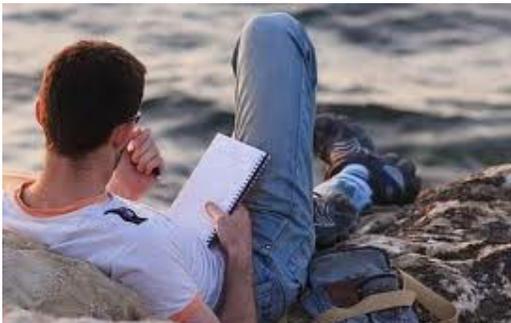
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Valentine's Day Word Scramble

1. RTHAE _____
2. ROAWR _____
3. IDUCP _____
4. DYCNA _____
5. OLAHEOTCC _____
6. DSACR _____
7. VLEO _____
8. ERSSO _____
9. NPKI _____
10. DRE _____
11. NTEIVELAN _____
12. CRNEOAM _____
13. EWSTE _____
14. WELSROF _____



Has an ABI affected your life?



Are you willing to share your story with others in the OBIA? If you are a person who is living with a brain injury, we want to hear from you! We want to help you share your story with others, because your story may be the inspiration needed by another person living with ABI.

To talk to us about sharing your story, Please contact

Katie Muirhead at 1-800-263-5404 ext.229

or

email kmuirhead@obia.on.ca



BOGOROCH & ASSOCIATES

Choosing a Personal Injury Law Firm

Injured victims and their families face many hardships and obstacles. Not only must they cope with the profound pain and loss resulting from their injury, but often they and their families **must navigate** through a **complex** and **confusing** maze of legal and insurance-related issues. One of the most **important tasks** is choosing the **right law firm**.

At **Bogoroch & Associates**, we are **dedicated** to helping our clients through these difficult times by offering **effective, caring, and compassionate legal representation**. Our **commitment** to you is simple. We will handle your case **efficiently**, provide you with **excellent service** and work hard to achieve the **best settlement for you and your family**.

Richard M. Bogoroch has over 23 years of experience and is certified as a **Specialist in Civil Litigation** by the Law Society of Upper Canada.

- We provide a **free initial consultation**;
- **We will wait to get paid** when your case is concluded, and generally, **we only get paid if we win or settle your case**;
- We provide you with **regular status reports** on your case, as well as **copies** of all significant **documents** and reports;
- We **return your telephone calls** within **24** hours or less;
- We will provide you with a **litigation plan** and a **timetable** when events in your case will be completed;
- We **pay for parking** or alternatively we are happy to **arrange transportation** to our office;
- We **arrange appointments with leading physicians and experts** to help prove your case;
- If you are **unable to attend our office due to being hospitalized**, we will be pleased to meet with you at the hospital;
- We provide an **interpreter** if required.

Founded by Richard M. Bogoroch, **Bogoroch & Associates is a Toronto-based law firm** of 8 lawyers and 23 support staff **that specializes in civil litigation**. The firm concentrates on **serious motor vehicle accident cases including brain injury and spinal cord litigation, medical malpractice litigation, wrongful death litigation, products liability and disability claims litigation**.

For more information, or to receive our **free** brochure 'What to do in Case of a Car Accident', please email us at info@bogoroch.com.

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Dedicated to Improving the Lives of Injured Victims and Their Families

If you are unable to travel to Toronto, we will be pleased to meet with you at your home.

“...He made the darkest period in our lives a great deal brighter... Tremendously gifted as a lawyer, possessing a fighter's spirit with the compassion of all decent human beings, Richard Bogoroch is one in a million; he changed our lives.”

*Mr. J.F.
Toronto, Ontario*

“After a short meeting with Richard and Heidi my mind was quickly put at ease. Together they laid out the events.....and filled me with every confidence that my case would be resolved to my satisfaction. As a team Bogoroch & Associates delivered. From the beginning to the end I was treated with the utmost respect.....My medical needs, my rehabilitation and reintegration into the work force were all supported and accounted for.....Because of all of you, I have been able to continue to enjoy my life and all it offers....THANK YOU.”

*Mrs. D.Z.
Orangeville, Ontario*

“Not only were you (Richard and Linda) incredibly diligent in your pursuit for justice following my motor vehicle accident, but your ethics in your practice are second to none....I truly believe, the outcome of this case was due to the tremendous effort and persistence you placed into achieving a specific result, making my life better and producing a settlement that was not only substantial in the amount of the reward but also gave me piece of mind....I am and always will be grateful to you....”

*Ms. M.G.
Peterborough, Ontario*

“...to have someone like you (Richard) looking after all the legal aspects of this case made the rehabilitation period much easier for our family....to have someone like you who looked after our requirements in a professional, caring manner made what could have been an extremely stressful period of time much easier on our entire family. The dedication, precision and humane manner in which you handled this case, while establishing excellent rapport with our family, was exemplary.”

*Ms. R.M.
Georgetown, Ontario*

To read more client testimonials, please visit our website at www.bogoroch.com



Sleep Hygiene (Some Miscellaneous tips to think about...)

- Arise at the same time each morning regardless of sleep quality
- Avoid extended naps to compensate for poor sleep (30 minute naps only)
- Do not spend more than 15-20 minutes lying in bed awake. Get up and relax in a separate room and then return to bed.
- Keep the clock face turned away. Do not focus on how much time is spent awake.
- Review the time of medication with your doctor as they may negatively impact sleep.

Aroma Scents help you sleep.... Try these aromatherapy products to help you sleep!

Just open the jar and take 3 deep breaths and let it sit:

Cinnamon Lavender Orange Blossom Ylang

Other scents may help with relaxation and pain:

Frankincense Mandarin Vanilla Violet

Mint Peppermint Pine Rosemary



To preserve remember to close the jar in the morning.

For more information email beverlee@innovativerehab.ca - Beverlee C Melamed



Additional Complimentary and Alternative Medicines for Sleep Disturbances

- **Biological** additions such as **Melatonin** or drinking **herbal tea** such as Camomile or Valerian have been shown to benefit people suffering from sleep disorders, restlessness and increased anxiety.
- **Manipulation** techniques.... Such as **acupuncture** has shown beneficial results in reducing stress/anxiety and increasing Melatonin levels at night promoting more restful sleep. **Massage**, particularly with the use of aromatherapy have shown statistically significant beneficial changes in sleep patterns and depression levels. Some studies show benefits in managing chronic pain as well.



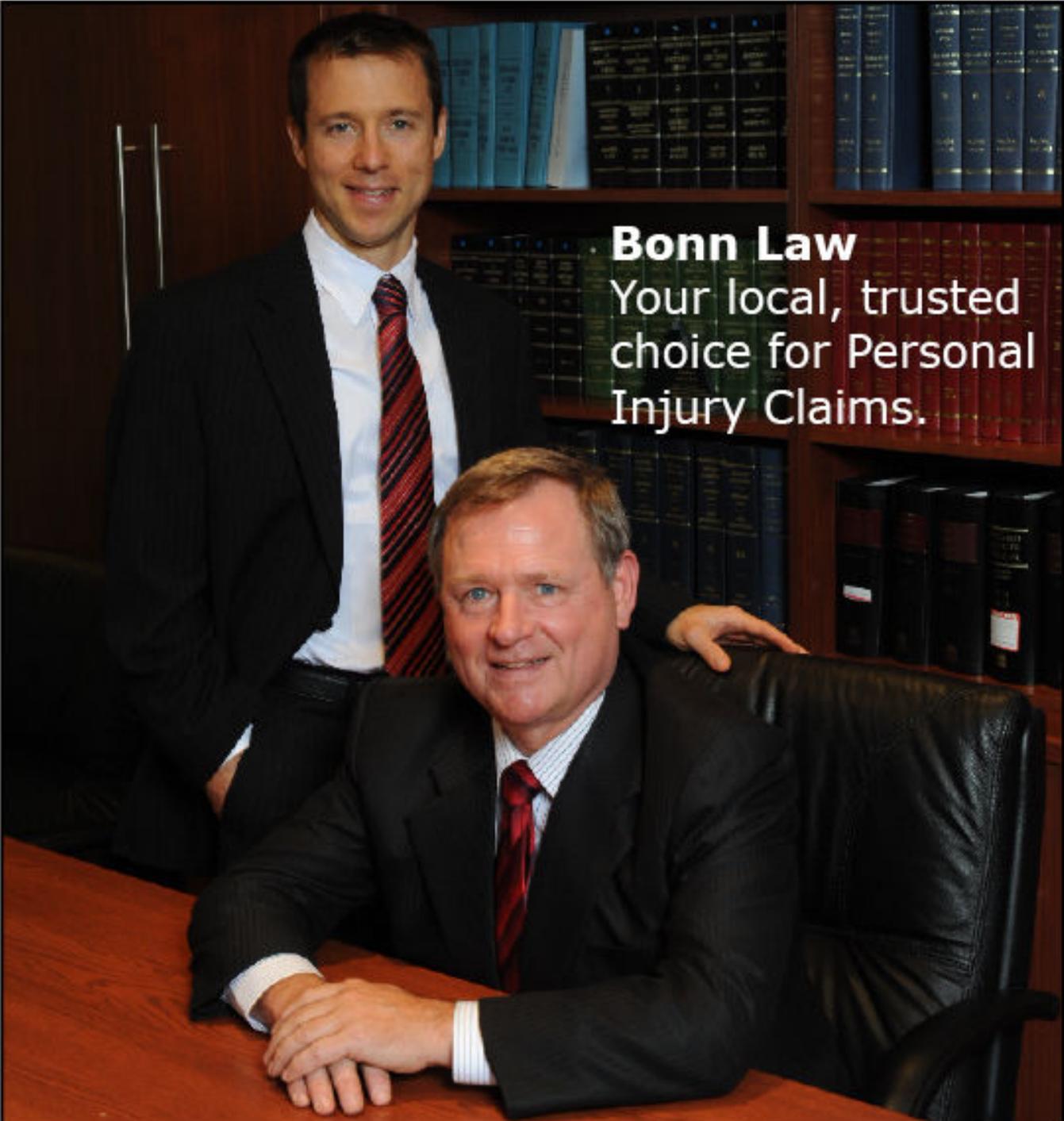
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Since 1972, Bonn Law's team of professionals has been a client-focused, results-oriented, and most importantly, a caring, empathetic group who have helped hundreds of people receive fair compensation for their serious injuries, including: Traumatic Brain Injury, Wrongful Death and Injury, Motor Vehicle Collisions, Slips and Falls, Disability Claims and Auto Accident Benefits. Bonn Law has built a solid reputation for being compassionate and diligent in their approach to obtaining compensation on their clients' behalf. If you or a family member have been seriously injured, call Bonn Law for a free consultation. For most cases, no payment is required until damages have been recovered.

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Lunch Program Update

January 25th, 2013 , the members enjoyed hotdogs and chilli. For desert we were very pleased with homemade blueberry pie and cherry cheese cake that Kreg provided. He found us a fabulous baker. Jean provided the chilli and recipe included minus one spice ingredient which is a family secret. We all tried to figure out the ingredient; some thought brown sugar. We were honoured to have Mary-Ellen and Monique join us for lunch. Next lunch program is scheduled for February 22nd. If interested in attending please reserve your seat as space is limited.



Jean's Chilli

1 lb hamburger
1 medium onion
1 pack fresh mushrooms

Add: 1—2 tbs each

Chives
Pepper
Garlic powder
Chilli spice

Mix in hamburger, cook well

Put all ingredients in slow cooker

Add:

1 large can seasoned tomatoes
1 can tomato soup
1 can kidney beans or mixed

Cook in slow cooker until happy with flavour

Enjoy

Good to freeze for a lazy day

Head Injury Recovery In Real Life

Brain Lash Maximize Your Recovery from Mild Brain Injury

Coping with Mild Traumatic Brain Injury

Brain Injury Rehabilitation: Teaching Job Seeking Skills

Ahead Of The Game: The Parent's Guide To youth Sports Concussion

Concussion Recovery

Look Inside: Your Brain

BRAIN - The Complete Mind—How it Develops, How it Works, And How to Keep it Sharp

The Mild Traumatic Brain Injury Workbook



New Books Available At BIAQD Library

Valentine's Day Word Scramble answers

- | | | | | | |
|-----------|-------------|----------|----------|---------------|-------------|
| 1. HEART | 2. ARROW | 3. CUPID | 4. CANDY | 5. CHOCOLATE | 6. CARDS |
| 7. LOVE | 8. ROSES | 9. PINK | 10. RED | 11. VALENTINE | 12. ROMANCE |
| 13. SWEET | 14. FLOWERS | | | | |

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R. Steven Baldwin *M.A., LL.B.*

Theresa Van Luven *B.A., LL.B.*
J. Keenan Sprague *B.Sc., LL.B.*

Lorraine Thomson *Licensed Paralegal*

Advice and Counsel to *Trust*

Pathways to Independence

When you need help to be who you are after an acquired brain injury, reach out to us. Share your journey with other adults living with an acquired brain injury in a supported home, or be supported in your own home. Fully participate in your community and live your life based on your choices and goals.

Accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF), Pathways to Independence



specializes in providing residential services and programs to adults with acquired brain injuries in South Eastern Ontario. Tailored to accommodate individual needs, we provide a continuum of care

in partnership with community based professionals and specialists.

Our services include:

- 24 hour Supported Homes
- Supported Independent Living
- ABI Day Programs
- Employment Supports



"Imagine the joy of just being who you are again. You look forward to the new week and seeing your new friends"
"S.L". Supported Client at Pathways to Independence

"We believe that the ABI program is his life now and for that we are grateful beyond measure."
Family members of a supported client at Pathways to Independence.

"Pathways is the place to be to help us to be independent with our lives. But most of all, Pathways is a place to be with all the help to get us back living the life we want to live".
"B.D". Supported Client at Pathways to Independence

www.pathwaysind.com

When you need support to be who you are, contact us at:

289 Pinnacle St., Belleville, ON K8N 3B3
T 613.962.2541 F 613.962.6357

356 Woodroffe Ave., Ottawa, ON K2A 3V6
T 613.233.3322

Safety Tips For Icy Conditions

It's important that individuals recognize the hazards of slippery surfaces. Here are helpful hints from winter-safety experts that will reduce the risk of falling when slippery conditions exist:

Wear boots or overshoes with soles. Avoid walking in shoes that have smooth surfaces, which increase the risk of slipping.

Walk consciously. Be alert to the possibility that you could quickly slip on an unseen patch of ice. Avoid the temptation to run to catch a bus or beat traffic when crossing a street.

Walk cautiously. Your arms help keep you balanced, so keep hands out of pockets and avoid carrying heavy loads that may cause you to become off balance.

Walk "small." Avoid an erect, marching posture. Look to see ahead of where you step. When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flatfooted as possible.

Remove snow immediately before it becomes packed or turns to ice. Keep your porch stoops, steps, walks and driveways free of ice by frequently applying ice melter granules. This is the best way to prevent formation of dangerous ice patches. Using a potassium-based melter, such as Safe Step, instead of salt will prevent damage to concrete, grass and other vegetation or to carpets and floors should you track in some.

Falling Safely

Even when you practice safe walking habits, slipping on ice is sometimes unavoidable.

"It takes less than two seconds from the moment you slip until you hit the ground. That's precious little time to react. In that instant, the risk is an injury to your head, a wrist, hip or shoulder."

Knowing how to fall will help you reduce the risk of injury. It's important to tuck your body, lift your head and avoid trying to break the fall with a hand, which can cause a wrist injury. The idea is to make yourself as small as possible by rolling up into a ball. You can practice the techniques as follows:

Sit on the floor with your legs out flat in front of you. To simulate a backwards fall, slowly begin to lie back toward the floor and quickly tuck your head forward, chin to chest. At the same time, lift your knees to your chest and extend your arms away from your body and "slap" the ground with your palms and forearms. This maneuver will help prevent your head, wrists and elbows from hitting the ground.

Assume the original position. To practice a sideways fall - which usually causes a shoulder, hip, elbow or wrist injury - begin to roll to one side or the other. As you do so, lay out your arm parallel to your body so that your forearm, not your wrist or shoulder, is first to contact the floor. Also, lift your head toward your shoulder opposite the fall. Next, practice the procedure in the opposite direction.

From a kneeling position, practice for a potential front fall. Begin to lean forward and as you fall, roll to one side, laying out your arm parallel to your body, again so the forearm and not your wrist makes contact with the floor. Lift your head to the opposite shoulder and continue to roll.

Following these guidelines may not qualify you to handle movie stunts, but they can help protect you from serious injury this winter.



Do NOT forget to look UP!!!

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for a better life

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Association of hearing instrument
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timdavidson@bellnet.ca

Hi everyone.... I hope the new year is bringing you thoughts about ways to keep your recovery on track. I myself get a little depressed at this time of year. This year I decided to do something that many may feel silly but it certainly helped me. It may be hard to believe but as the holidays came along and I wanted to not bring my family down, I thought to make me happy would help. So I ordered a custom halter for my horse, who you know is my rock. I got one each for my friends horses too. I forgot I did this off and on, but my sister kept it near the top of my mind. When I gave these to the girls they were so happy, which made me feel good. They took pictures of Bess (red) and Serge (black). So I took mine out to the barn and fitted it on Maggie Mae.... Now this made me feel extremely warm and content. She was happy to let me fit it on her and take pictures. She seemed pleased she got a new item! You may think as some did that this will help me remember which horse is mine... silly people, she is the prettiest girl there of her size and colours... I am smiling just thinking about this...



Maggie Mae
(Maggie Mae
(Sorrel)



Serge and Bess
Serge and Bess
Black and Red

Brain Training Game....

If you have access to a computer, lap top, iPhone, or iPad.... And are interested in seeing how your brain is doing in certain areas, this may be for you.



www.lumosity.com

Improve memory with scientifically designed brain exercises.

There is a cost to this app, but it will let you try it in all the sections that it has for the brain exercises. I know several people that have found this enjoyable as a challenge they use it to help improve themselves and get better at these skills.



Joy Beazley
B.A. Hons., B.Ed.
Rehabilitation Case Manager
1063 Lincoln Drive
Kingston, ON K7M 4Z3
V: 613.384.9736
F: 613.384.9317
E: Joy.beazley@sympatco.ca



BrainChild Networks Inc.
Rehabilitation Consultants
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Lisanne Smith

Director

Phone: 613-394-2412
 Fax: 613-394-5532

Tracy J. Kennedy

Services Coordinator

18 Princess Dr.
 Carrying Place, ON, K0K 1L0

office@brainchildnetworks.com
 www.brainchildnetworks.com



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 Because Experience Matters

Bartimaeus provides rehabilitation services to people who have experienced a severe trauma or brain injury due to a motor vehicle accident.

For more information please visit our website at www.bartimaeus.com or call us at 613.449.8589



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Program Schedule

Recreation Program

Supervised weekly Tuesday evening activities for individuals with an acquired brain injury. All participants are to meet at the BIAQD office by 5pm and return at 8pm. This program gives the opportunity to rebuild life skills, social skills, independence, confidence, self-esteem, develop friendships, cognitive & social skills and increase physical activity in the community. Activities can include dining out, movie night, playing pool, bowling, hiking and/or nature walks

Feb. 5 Feb. 12 Feb. 19 Feb. 26

Caregivers Group

Monthly Caregivers meetings are held on the second Thursday, 1pm at RCBIS office, Quinte Mall for caregivers and family members that are affected with brain injury individuals.

Feb. 14

Information & Support Meetings

Monthly meetings are held on the third Thursday, 5pm at the BIAQD office for individuals with an acquired brain injury and caregivers/family members. There is opportunity to share stories, have group discussion, socialize. Occasionally a guest speakers will be scheduled. Pizza and refreshments are also provided.

Feb. 21

Lunch Program

Nutritional monthly lunch program provided on the fourth Friday of the month at BIAQD, 12:00pm for individuals with an acquired brain injury. Participants should RSVP their attendance.

Feb. 22

BIAQD reserves the right to restrict participants in any event, program and/or activity where deemed appropriate to do so.

All participants must also be a member of the Association.

PEER SUPPORT MENTORING PROGRAM

For people living with ABI

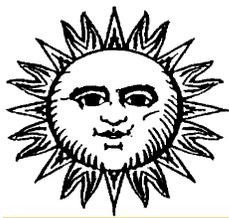
The Peer Support Mentoring Program for people living with ABI connects an individual who is a “veteran” in living with the effects of Acquired Brain Injury (ABI) with a “Partner” who is coping with a similar ABI-related situation and is in need of support from a knowledgeable friend. The program is available to survivors, family members or unpaid providers of care.

Mentor/Partner matches are based on similar experiences, demographics and personal interests. The program is offered through local brain injury associations all over Ontario, making it possible for people to participate wherever they live.

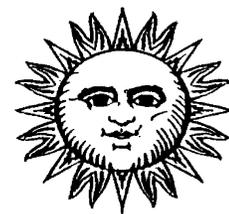
The Peer Support Mentoring Program for people living with ABI can be a great way to support efforts toward recovery, and complements professional services. Mentors and Partners talk by phone or email so they can arrange a convenient time and can participate **from their own homes.**

CONTACT

**Brain Injury Association Quinte District
Carole Vincent, Peer Support Coordinator
281 Front Street, Belleville, ON 613-967-2756 Email: biaqd@bellnet.ca**



“On The Sunnier Side”



February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  FREE Skating 2-4	2 
3	4	5 Recreation Program MOVIES	6	7	8	9
10	11	12 Recreation Program DINING OUT	13	14 Valentines Day Caregivers Mtg—1pm	15	16
17	18 Family Day Office Closed	19 Recreation Program BOWLING	20	21 Info/Support Meeting 5pm	22 Lunch Program RSVP	23
24 Pool Tournament 	25	26 Recreation Program POOL	27	28		