

# BIAPH



Brain Injury Association of Peel & Halton

## Annual Report 2022 - 2023

*Unveiling Resilience &  
Empowering Voices*



# Table of Contents

---

<b><u>Message From Our Board of Directors</u></b>	<b>3</b>
<b><u>About Us</u></b>	<b>4</b>
<u>Our Mission</u>	4
<u>Our Vision</u>	4
<b><u>The BIAPH Teams</u></b>	<b>5</b>
<u>Our Board of Directors</u>	5
<u>Our Team</u>	6
<u>Message From Our Youth Engagement Team Founders</u>	7
<b><u>Our Volunteer Program</u></b>	<b>8</b>
<u>Youth Engagement Team</u>	8
<u>Youth Engagement Team Testimonials</u>	9
<b><u>Our Programs</u></b>	<b>11</b>
<u>ABI Survivor &amp; Caregiver Support Groups</u>	11
<u>HeadSpin: Youth &amp; Young Adult Support Group</u>	11
<u>Caregiver Relief Program</u>	12
<u>Peer Support Program</u>	12
<b><u>Our Research</u></b>	<b>13</b>
<u>Research Studies &amp; Education</u>	13
<u>MindMatters Blog</u>	15
<b><u>Our Grants and Funded Projects</u></b>	<b>16</b>
<u>Government of Canada: New Horizons For Seniors Program Grant</u>	16
<u>Photobook Project</u>	17
<u>Ontario Trillium Foundation: Resilient Communities Fund</u>	18
<u>Video Learning Series Project</u>	19
<u>Canada Summer Job Grant</u>	20
<u>Halton Region Community Investment Fund</u>	21
<u>Ontario Trillium Foundation: Resilient Communities Fund</u>	22
<u>Ontario Trillium Foundation: Resilient Communities Fund</u>	23
<u>Caregiver Relief: Respite to All Families</u>	24
<b><u>Our Events</u></b>	<b>26</b>
<u>Annual Holiday Party</u>	26
<u>Bowl-a-thon</u>	27
<u>Brain Injury Awareness Month</u>	28
<u>12 Minutes of Christmas &amp; 12 Games of Christmas</u>	29
<b><u>Thank you!</u></b>	<b>31</b>
<b><u>Your Impact</u></b>	<b>32</b>
<b><u>Reach Across the Regions</u></b>	<b>33</b>
<b><u>2022-2023 Financial Statement</u></b>	<b>34</b>

## Message From Our Board of Directors

Dear BIAPH community,

As we reflect upon the past year, we are delighted to present the Annual Report as a testament to the hard work of our team and the incredible support of our community. This year's focus, 'Unveiling Resilience and Empowering Voices,' reflects our remarkable journey driven by an unwavering commitment to amplifying voices and celebrating the diverse stories within our community.

Our dedication to empowering voices goes beyond words; it ensures that ABI survivors and caregivers are at the forefront of our program development. Through direct consultation, feedback, and insightful interviews with the ABI community, their lived experiences have become the guiding force behind our initiatives. These invaluable consultations have allowed us to transform their stories and insights into tangible actions, resulting in the release of a compelling photobook, the creation of an instructional online course centered around digital platform navigation, and active contributions to ABI research. Their guidance illuminates the path forward, enabling us to forge meaningful solutions that make a tangible difference in the lives of those we serve.

Furthermore, this year marked a significant milestone with the establishment of our volunteer program, the Youth Engagement Team, meticulously crafted and shaped by our summer students: Olivia Condlin-Wilby, Harleen Randhawa, Dena Sharafdin, and Tyler Lett. Through this initiative, we've not only cultivated a dynamic volunteer program but also a platform that values and celebrates the experiences and voices of our community's youth.

As we continue to unveil resilience and empower voices, we invite you to join us in our ongoing mission to foster a more inclusive and understanding society. Your support, whether through volunteering, advocacy, or donations, plays a vital role in helping us create a world where ABI survivors and their caregivers can thrive and be heard.

Sincerely,

Board of Directors  
**Brain Injury Association of Peel & Halton**

## ABOUT US

The Brain Injury Association of Peel & Halton (BIAPH) is a registered charity that serves acquired brain injury (ABI) survivors, their families, and support networks. Our organization offers up-to-date resources, information, and tailored support programs to enhance the quality of life for the ABI community. Additionally, we promote the prevention and management of brain injuries through community research, awareness, and education initiatives. With the largest regional span among all Ontario brain injury associations, BIAPH strives to expand programming and services to become a centralized support hub.

### Our Mission

Our mission is to enhance the quality of life for persons in the region(s) of Peel and Halton who are living with the effects of an acquired brain injury through: **education, awareness and support.**

### Our Vision

We strive for BIAPH to be recognized as a gateway to: **resources, prevention, leadership, support, and inclusive programs.**

While we currently provide in-person programs and services in the Peel & Halton area, our membership extends beyond these boundaries. Members actively participate in our virtual programs from various locations, including Etobicoke, Thorold, Ridgeway, North York, Richmond Hill, and Niagara Falls.

Our commitment is to continue delivering services to these areas and further expand our program reach.



## OUR BOARD OF DIRECTORS

BIAPH is proudly led by our Board of Directors (BOD), who work to uphold the mission and vision of our organization. Our Board of Directors, guide our organization through positive examples of leadership, and an unwavering pursuit of advocacy and support for our members.



**Roger Foisy**  
President



**Jon Corry**  
Vice President



**Stephen Leitch**  
Treasurer



**Meagan Buttle**  
Secretary



**Ed Roszczka**  
Board of Director



**James Bishara**  
Board of Director



**Dr. Hardeep Singh**  
Board of Director



**Kirsten Hadleycrane**  
Director of Program Support



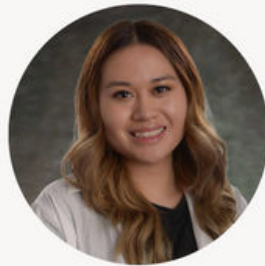
**Nichola Nonis**  
Director of Operations

## OUR TEAM

Our team consists of individuals from diverse disciplines and skills, who approach BIAPH's mission with empathy and a strong drive for advocacy. Throughout their time at BIAPH, each team member has played a significant role in ensuring our support programs are quality-driven, member-focused and are aligned with the specific needs of our community.



**Sue Brushey**  
Peer Support Coordinator



**Sarah Vu Nguyen**  
Research Assistant



**Sarah Diaz**  
Business Development  
Specialist



**Mitch Lubbe**  
Support Group Program  
Coordinator



**Julie Tran**  
HeadSpin Facilitator



**Sarah Hurtubise**  
HeadSpin Facilitator



**Ashley Budd**  
HeadSpin Facilitator

## Message From Our Youth Engagement Team Founders

This past summer, we had the pleasure of serving BIAPH and the ABI community as Business Development Officers. As a team, we worked towards expanding the organization's resources, building partnerships, and engaging the community. During our term, we established a complete volunteer program titled the "Youth Engagement Team" comprising the Youth Engagement Board of Directors and Youth Engagement Ambassadors. We also developed a complete onboarding process, recruited a talented team of new volunteers, created marketing tools, pitched partnerships to various institutions, established lasting business relationships with vendors, and so much more!

We also cannot fail to mention another unforgettable highlight: the wonderful people at BIAPH. Each day was an absolute pleasure coming into work and (virtually) meeting with our supervisors and members of our own team. Every individual at BIAPH is not only passionate, talented, and hard-working, but also friendly, supportive, and inclusive. We regard BIAPH as a second family, a network of people we are sure to stay connected with even beyond our roles at the organization.

Looking back to our time as Business Development Officers, we are met with feelings of gratitude for having been given the opportunity to make such a substantial impact on the organization and the ABI community. We are excited to continue our commitment to BIAPH as Advisors on the Advisory Committee and pass on the torch to our new volunteer Directors and Ambassadors who will surely succeed in building on BIAPH's positive impact on the community it so passionately serves.

Here's to another successful year!

Warmly,

***Dena Sharafdin***

***Harleen Randhawa***

***Tyler Lett***

***Olivia Condlin-Wilby***



## OUR VOLUNTEER PROGRAM

# BIAPH

---

## Youth Engagement Team

### Board of Directors

Our Directors are leaders in the Youth Engagement Team - a team for the youth, by the youth. They ensure that the voices of our community's youth are heard and valued, providing them with the opportunity to play active roles in BIAPH's decisions. Directors lead and manage the Youth Engagement Ambassador teams, oversee event coordination, develop engaging social media content, foster community engagement, and/or research the profound experiences and impacts of acquired brain injury (ABI).



**From Left to Right:** Rachael Padutsch, Frankie Li, David Grkinic, Renee Boney, Hala Redwan, Aamna Naveed, Eva Dara Thuet, Arya Yagnik, Victoria Bierwirth (not photographed)

### Ambassadors

Our Ambassadors work hard in advocating for the ABI community. Volunteers promote our organization and its mission through social media and campus events and support initiatives in volunteer recruitment, fundraising, and brain injury prevention awareness. Ambassadors also contribute to our MindMatters blog, simplifying studies on ABI to the community.



**From Left to Right:** Sabontu Tussa, Aaron Ayers, Tanisha Chandel, Dana Rugole, Rachel Dass, Hafsa Ahmad, Charlie Ma, Nabihah Alam, Lori-Ann Kouakou



## Join Our Youth Engagement Team

“Choose people who will say your name in a room full of opportunities.”

This quote sums up my experience at the Brain Injury Association of Peel & Halton (BIAPH). My time at BIAPH has been a rewarding and unforgettable experience. I'd like to express my sincerest gratitude to the Board of Directors and my supervisors for seeing the potential in our team and the youth of our community. I am a strong believer in getting youth involved in organizations, especially non-profit organizations. From planting the seed for the Youth Engagement Team on Day 1 of our term to seeing this volunteer program flourish, this entire experience has taught me that we can achieve anything that we set our minds to. To my colleagues, thank you for making this an experience I will never forget. I thoroughly enjoyed contributing to BIAPH's mission and supporting the ABI community. I take pride in the contributions that we have made to this organization and look forward to staying involved. Thank you BIAPH, here's to the next adventure!

**Harleen Randhawa**

Working at BIAPH has been an incredibly rewarding experience. With my teammates, I was able to play an active role in advancing the organization's crucial mission of supporting the ABI community. Throughout my term, I was given the opportunity to unleash my creativity and develop innovative solutions to help resolve the organization's challenges, meet its needs, and improve its tools and resources for the community. As new volunteers pour in, as social media content gets posted, and as new partnerships flourish, it has been thrilling to witness the tangible differences brought by our efforts. These achievements are not short-term; they will last long within the organization and will continuously benefit the ABI community. It is a delight to have been able to contribute to BIAPH in such an impactful and substantial way. Finally, I cannot write about my experience at BIAPH without mentioning its wonderful people. Throughout my term, I had the pleasure of working closely with my hardworking and supportive teammates and supervisors who never failed to inspire me and offer their invaluable support and insight. I am sure the memorable and meaningful connections I have developed will endure even beyond my time at BIAPH.

**Dena Sharafdin**

The time I spent with the Brain Injury Association of Peel & Halton (BIAPH) has allowed me to develop new skills and professional connections that will surely continue to support my success as I move on to the next chapter of my life. Alongside my talented and hard-working colleagues, I had the opportunity to develop a volunteer program from the ground up, directly contributing to its growth from an abstract concept to a fully-functioning, self-sustaining part of the organization. It has been an incredible experience watching this project grow and knowing that I have created a long-lasting impact on BIAPH and the communities we serve. Furthermore, I have the utmost trust and respect for the new team of Youth Engagement volunteers that will help carry the program forward and allow it to flourish. I am so excited to see what the future holds for BIAPH and the entire Youth Engagement team.

**Olivia Condlin-Wilby**

### **[Visit the Youth Engagement Team Website](#)**

I am forever grateful for my time working at the Brain Injury Association of Peel & Halton. During my time at BIAPH, not only was I able to use the skills obtained in my post-secondary education, but I was also able to develop new skills applicable to any position such as interviewing, project management, and onboarding new volunteers. The autonomy my peers and myself were given to create our own projects and make important decisions was meaningful and allowed our potential to be maximized. I am proud to have helped create the Youth Engagement Board and am so excited to see what the future holds. The work environment at BIAPH was always warm and welcoming. Everyone helps one another, everyone supports each other, and there is never any stress. I had the opportunity to work with and learn from so many wonderful people. Working at BIAPH gave me the opportunity to help give back to the community which was personally meaningful to me. It was special to see how the contributions of my peers and myself will help those with acquired brain injuries. I look forward to being an Advisor for the Youth Engagement Board for as long as I can be.

**Tyler Lett**

## OUR PROGRAMS

### **ABI SURVIVOR & CAREGIVER SUPPORT GROUPS**

Our support groups offer a secure and nurturing environment where members can openly share and express their experiences related to their Acquired Brain Injury (ABI) journey. It serves as a platform for survivors and caregivers to come together and discuss their challenges, difficulties, and successes while supporting their family and loved ones. Engaging with fellow members and families allows individuals to gain valuable insights into living with an ABI and learn from each other's experiences.

To enrich our support group sessions, we regularly invite guest speakers who deliver presentations on relevant topics and introduce various resources available to those in need. These presentations aim to raise awareness and provide additional knowledge and support to our members, further empowering them on their ABI journey.

### **HEADSPIN: YOUTH & YOUNG ADULT SUPPORT GROUP**

The HeadSpin group is tailored for high-functioning young adults with Acquired Brain Injury (ABI). Our primary objective is to foster a sense of community and friendship among the members through community-based leisure activities. By participating in community-based leisure activities, our members can engage in enjoyable and enriching experiences while building meaningful connections with others who can relate to their circumstances.

Regular meetings provide a dedicated space for open communication and support, allowing members to share their experiences, challenges, and successes in a supportive and understanding environment. These gatherings not only facilitate a sense of belonging but also offer opportunities to exchange helpful tips, resources, and coping strategies.

Our HeadSpin group is committed to providing a safe, inclusive, and welcoming setting where young adults with ABI can forge friendships, feel understood, and create lasting bonds with others facing similar challenges. Through community engagement and regular meetings, we aim to enhance their overall well-being and enrich their lives with positive social interactions and shared experiences.

## **OUR PROGRAMS**

### **CAREGIVER RELIEF PROGRAM**

Our program recognizes the immense responsibilities and challenges faced by caregivers in caring for their loved ones. To lend a helping hand, we offer a Personal Support Worker (PSW) for four hours every week for a duration of one year to eligible individuals. Our main objective is to provide respite care, allowing caregivers to take a break, run errands, or attend to important tasks, while their loved one spends time with the support worker.

We carefully review applications on a case-by-case basis to ensure that those who need our services the most receive priority. Preference is given to individuals who may not have the financial means to pay for services and have limited access to other government-funded resources.

### **PEER SUPPORT PROGRAM**

Our Peer Support Program aims to provide mentorship and guidance to individuals living with an acquired brain injury (ABI). Through this program, we connect them with someone who has personally undergone a similar journey involving ABI. The mentors play a vital role in offering support, sharing their own life experiences, and providing valuable knowledge to those seeking assistance.

This program is organized in partnership with local affiliated brain injury associations throughout Ontario. Within the BIAPH branch, Sue Brushey, an experienced RSW with a longstanding commitment to supporting the ABI community, oversees the initiative.

## OUR RESEARCH

### RESEARCH STUDIES & EDUCATION

In early 2022, BIAPH formed an alliance with the University of Toronto to launch research initiatives focused on understanding the experiences of individuals with ABI. We aim to address critical gaps in knowledge and help shape the development of evidence-based practices. We are dedicated to involving survivors and their support networks to prioritize their voices and experiences in our research.

#### ***Exploring the experiences and needs of seniors living with an acquired brain injury (ABI)***

Exploring the daily lives of older adults dealing with ABI is an understudied area. This study aims to better understand this subject by utilizing a photo-elicitation approach. This methodology allows us to gain a more profound understanding of the experiences of older adults living with ABI from their own perspectives. These insights serve as a foundation to enhance and elevate the quality of community-based programs. As a result of this study, a photo book was created to highlight the stories of older adults with an ABI (*refer to page 17 for more details*).

#### ***A qualitative study of individuals with acquired brain injury (ABI) and program facilitators' experience in virtual ABI community support programs***

BIAPH has implemented a hybrid approach to deliver support programs, allowing for remote accessibility. This qualitative study includes interviews with individuals with an ABI, caregivers, and program facilitators to identify online communication challenges within virtual programs. These findings will enhance the design and delivery of virtual support programs. Additionally, this study kickstarted the creation of a video learning series designed to aid individuals with an ABI in enhancing online social communication skills and effectively navigate social media platforms (*refer to page 19 for more details*).

*We extend our heartfelt gratitude to ABI survivors for sharing their stories and experiences, as well as their families and caregivers for their unwavering support in our research studies.*

## OUR RESEARCH

### A qualitative study of individuals with acquired brain injury (ABI) and program facilitators' experience in virtual ABI community support programs

Jasleen Grewal<sup>1,2</sup>, Sarah Vu Nguyen<sup>3</sup>, Nichola Nonis<sup>3</sup>, Hardeep Singh<sup>4-6</sup>

1. University of British Columbia 2. Rehabilitation Research Program, Centre for Aging SMART at Vancouver Coastal Health 3. Brain Injury Association of Peel and Halton 4. Department of Occupational Science and Occupational Therapy, Temerty Faculty of Medicine, University of Toronto 5. Rehabilitation Sciences Institute, Temerty Faculty of Medicine, University of Toronto, Toronto, Canada 6. KITE-Toronto Rehabilitation Institute, University Health Network



#### Introduction

- Community reintegration is a common goal for people with acquired brain injury (ABI)<sup>1-4</sup>. ABI community support programs aim to help support the long-term needs and continuity of care through informational and psychosocial support<sup>5-8</sup>.
- Due to the COVID-19 pandemic, support programs rapidly transitioned from in-person to virtual program delivery<sup>9-11</sup>.
- However, the experiences of facilitators and individuals with ABI who participate in virtual support programs are understudied.
- Aim:** To describe the experiences of individuals with ABI and program facilitators who are respectively attending and facilitating virtual support programs.

#### Methods

- Design:** This was a qualitative descriptive study.
- Participants:** Individuals with ABI and program facilitators who respectively attended and facilitated virtual ABI community support programs.
- Data collection:** Semi-structured interviews were conducted. Interview questions probed participants' experiences in virtual ABI community support programs, including perceived benefits and challenges, and their suggestions for resources to enhance program quality.
- Data analysis:** Data were transcribed and analyzed using an inductive thematic analysis.

## RESULTS

### Perceived benefits

- Connecting with peers to reduce isolation
- Gaining access to information and resources from peers
- Logistical aspects of virtual ABI community support programs
- Enhanced accessibility of virtual ABI community support programs



### Perceived challenges

- Intrapersonal challenges
- Interpersonal challenges
- Environmental and contextual factors



### Considerations for future ABI programs

- Creating a safe and respectful environment
- Fostering engagement and managing challenging situations
- Enhancing inclusivity and accessibility



#### Results

- Fourteen individuals with ABI, including ten women (mean age 54) and four men (mean age 52) and five program facilitators participated in the study.
- Eleven participants reported attending a community support program led by a facilitator who was an employee/volunteer of an ABI organization and two reported attending peer-led sessions.
- Three themes** were generated from our qualitative analysis:
  - Theme 1:** Perceived benefits of virtual ABI community support programs
  - Theme 2:** Perceived challenges of virtual ABI community support programs
  - Theme 3:** Considerations to improve the quality of virtual ABI community support programs

#### Conclusion

- The results may be used to enhance the quality of virtual programs ensuring programs are safe, respectful, engaging and accessible.
- These findings highlight the need for stakeholders to implement guidelines and training for program facilitators and attendees of virtual ABI support programs to maximize accessibility and usability.

#### Further information & References

- ✉ Dr. Hardeep Singh: hardeepk.singh@utoronto.ca
- ✉ Jasleen Grewal: jgrewa08@student.ubc.ca
- 🐦 @CEDAR\_BrainLab
- 🐦 @DrSinghResearch

Scan for references



Based on the data obtained from our research study titled 'A qualitative study of individuals with acquired brain injury (ABI) and program facilitators' experience in virtual ABI community support programs' we co-authored a research paper in collaboration with Jasleen Grewal (PhD Candidate, OT Reg.) from University of British Columbia and Dr. Hardeep Singh (PhD, OT Reg.) from University of Toronto. An abstract of the study was submitted to the Annual Congress of Rehabilitation Medicine. We are thrilled to announce that the abstract has been accepted for presentation as a virtual poster. Jasleen Grewal will be delivering the presentation at the 100th Annual Congress of Rehabilitation Medicine in 2023.

The Annual Congress Rehabilitation Medicine (ACRM) is an organization of rehabilitation professionals dedicated to serving people with disabling conditions by supporting research that promotes health, independence, productivity, and quality of life. For more information about the ACRM conference, please click on the link [here](#).

## OUR RESEARCH

### MIND MATTERS BLOG

BIAPH is committed to bridging the gap between research and the ABI community, and excited to announce the MindMatters blog. This space includes regular blog posts that focuses on simplifying research findings and resources pertaining to the ABI community. This blog is managed and overseen by the Youth Engagement Team's research volunteers.

Some blog topics include:

- *What is a Concussion: Symptoms, Misconceptions, Prevention, and Impacts*
- *The Impact of Music Interventions on ABI Rehabilitation*
- *Invisible Disabilities Uncovering Invisible Disability: Acquired Brain Injury (ABI)*
- *The Impact of Stigma on ABI Survivors: Uncovering Invisible Disabilities*

Check out the blog by clicking on this [link](#).

## OUR GRANTS AND FUNDED PROJECTS

The Brain Injury Association of Peel and Halton is pleased to announce the successful completion of our project, funded under the Government of Canada's

### **NEW HORIZONS FOR SENIORS PROGRAM**

This funding supported our photo book project titled **'Unveiling Resilience Narratives of Senior Acquired Brain Injury Survivors'**.

We would like to express our deepest gratitude to the Government of Canada's New Horizons for Seniors Program for their invaluable contribution and support in the creation of this photo book. It will make a significant difference in the lives of seniors in our community.

For more information, visit [New Horizons for Seniors Program - Community-based projects](#).

Funded by the  
Government of Canada's  
New Horizons for Seniors Program

  
Canada



## OUR GRANTS AND FUNDED PROJECTS

### PHOTOBOOK PROJECT

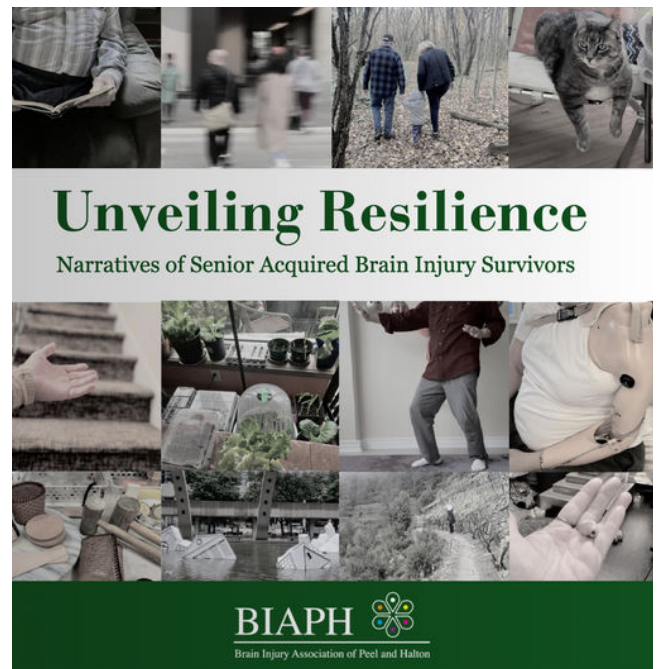
This past year, BIAPH continued its commitment to increasing public awareness and understanding of acquired brain injury (ABI). We published and distributed copies of our ABI photobook that we developed. Read below for an excerpt of our foreword from the playbook.

*In late 2022, we embarked on a remarkable project - a research study accompanied by a special photobook that shares the personal narratives of older adults living with ABI. Through this book, we aim to illuminate their experiences, capturing both the challenges they face and the meaningful activities that help them navigate their daily lives.*

*The reality is that there is a lack of awareness and understanding surrounding the unique struggles encountered by older adult ABI survivors. Their stories often remain untold, and their needs go unrecognized. Our photo book seeks to bridge this gap by showcasing photographs that depict life with a brain injury, accompanied by narratives from interviews with each individual.*

*Our objective goes beyond raising awareness; we aspire to cultivate empathy, compassion, and support within society. Additionally, we aim to encourage the development of resources and services that address the specific needs of older adults living with ABI. By sharing these stories, we hope to promote inclusivity, advocate for appropriate community and healthcare services, and ultimately enhance the quality of life for all those affected by brain injuries.*

To view the photobook, click on  
the cover below



**Join our waitlist for purchasing a hard-copy of the photobook by visiting [this link](#).**

## OUR GRANTS AND FUNDED PROJECTS

The Brain Injury Association of Peel and Halton is pleased to announce the successful completion of our project, funded by the Government of Ontario and the Ontario Trillium Foundation's

### RESILIENT COMMUNITIES FUND

This funding supported our video learning series, titled '**Digital Connections: Enhancing Online Social Connection for Acquired Brain Injury (ABI) Survivors**'.

We express our gratitude to the Ontario Trillium Foundation for their generous support and funding of the video learning series. Without their support and partnership, this project would not have been possible.



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

## OUR GRANTS AND FUNDED PROJECTS

### VIDEO LEARNING SERIES

Over the past year, BIAPH developed an evidence-based video series called “**Digital Connections: Empowering ABI Survivors in the Online World**”. This series provides ABI survivors guidance on navigating virtual platforms to confidently and independently reintegrate into digital social spaces. The content is designed to assist with the unique circumstances faced by those living with an ABI, from connecting with support networks to leveraging social media for personal development. The videos provide practical instructions for navigating social media platforms and strategies for safe and meaningful online interactions.

This initiative originated from our research study that sought to uncover communication barriers and opportunities to support ABI survivors in virtual community programs. By gathering and analyzing experiences from these programs, we can identify additional ways to enhance online accessibility.

### COURSES IN VIDEO LEARNING SERIES

#### ***Social Communication Skill-Building***

Tailored specifically for individuals navigating life after an ABI, this module empowers individuals with ABI to confidently connect and engage in virtual spaces. This module provides a supportive framework that uncovers strategies for setting social media objectives, refining virtual communication techniques, and fostering genuine online connections. This course covers a wide range of topics, including setting social media goals, virtual communication skills, social media etiquette, privacy, conflict resolution strategies and many more.

#### ***Social Media Platform Navigation: Zoom, Facebook, and Instagram***

These courses will present engaging video tutorials tailored to social media platforms. It aims to provide ABI survivors with a deep understanding of platform navigation through step-by-step instructions of each interface, highlighting functions of specific buttons and features to empower users to confidently navigate the digital landscape.

**Join our courses today by visiting [this link](#).**

## OUR GRANTS AND FUNDED PROJECTS

The Brain Injury Association of Peel and Halton is pleased to announce the successful completion of our funding from the Government of Canada's

### **CANADA SUMMER JOBS GRANT**

This funding kickstarted the establishment of the Youth Engagement Board comprised of four Business Development Officers. Their active involvement in cultivating community partnerships and executing initiatives geared towards fostering positive community transformations have been invaluable.

Thank you to the Government of Canada and the Canada Summer Jobs program for their generous funding support to the Brain Injury Association of Peel and Halton. Their assistance has not only amplified the voices and efforts of youth, but has also contributed to creating meaningful and positive changes within our community.



**Government  
of Canada**

**Gouvernement  
du Canada**

## OUR GRANTS AND FUNDED PROJECTS

The Brain Injury Association of Peel and Halton would like to recognize and acknowledge Halton Region for funding BIAPH's HeadSpin: Youth and Young Adult Support Group. Our HeadSpin program was funded through the

### **HALTON REGION COMMUNITY INVESTMENT FUND**



Thank you to the Halton Region Community Investment Fund for the funding provided. This support will help us to sustain our HeadSpin program, and provide quality services for our youth and young adult members.

## OUR GRANTS AND FUNDED PROJECTS

The Brain Injury Association of Peel and Halton is grateful for the ongoing 2022 funding from the Government of Ontario and the Ontario Trillium Foundation's

### **RESILIENT COMMUNITIES FUND**

This funding enables our organization to hire qualified individuals to grow the Fundraising, Research, and Program Development streams within BIAPH. Thank you to the Government of Ontario and Ontario Trillium Foundation for the funding support provided to the Brain Injury Association of Peel and Halton.



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

## OUR GRANTS AND FUNDED PROJECTS

The Brain Injury Association of Peel and Halton is excited to announce that we have received funding from the Government of Ontario and the Ontario Trillium Foundation's

### **RESILIENT COMMUNITIES FUND**

As part of our long-term community engagement and program expansion strategy, this funding will pilot a newly adapted Caregiver Relief Program and help develop a photobook that documents the daily experiences of caregivers for individuals with acquired brain injuries.

Recognizing the challenges in accessing services faced by ethnic minority families, our project will have a specific focus on families in the Peel-Halton region, with a particular emphasis on the top language groups: Punjabi (10.5% in Peel), Urdu (3.1% in Peel; 3.2% in Halton), Arabic (1.8% in Peel; 2.7% in Halton), Gujarati (1.6% in Peel), Hindi (1.6% in Peel), and Mandarin (3.2% in Halton).

We extend our sincere gratitude to the Government of Ontario and the Ontario Trillium Foundation for their generous funding support to the Brain Injury Association of Peel and Halton.



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

## OUR GRANTS AND FUNDED PROJECTS

The Brain Injury Association of Peel and Halton is excited to announce that we have received funding from the Government of Canada's Community Services Recovery Fund's

### **CAREGIVER RELIEF: RESPITE TO ALL FAMILIES**

This funding will enhance our Caregiver Relief Program to increase its accessibility and inclusion of families from ethnic minority groups and communities. The project will modernize the association to meet the growing diversity across our service areas; achieved through collaboration and inclusion of minority groups in the development and adaptation of our Caregiver Relief Program.

Thank you to the Government of Canada and United Way for the funding support provided to the Brain Injury Association of Peel and Halton.

Funded by the  
Government of Canada's  
Community Services Recovery Fund







Brain Injury Association of Peel & Halton

## Participants Needed

Are you an ethnic minority caregiver for a loved one with a brain injury? Your unique experiences can help strengthen caregiver support programs.

Participants will receive a **\$25 gift card** following the interview process.



**Brain Injury Association of Peel and Halton (BIAPH)** is conducting a project to better understand the unique needs and challenges faced by caregivers of individuals living with brain injury. We are recruiting caregivers to take pictures and discuss their day-to-day experiences as a caregiver. These photographs and experiences will be presented as a photobook to raise awareness of caregiver experiences. The project includes a 60-minute introductory meeting, and a 60-minute interview over the phone or Zoom.




### Photobook - Scan QR Code for Sample Book

This photobook showcases the experiences of seniors living with brain injuries. It has raised awareness of their challenges, needs, and experiences, while also encouraging conversations about program development initiatives and projects.

### Contact Us for Details or to Participate

Sarah Vu Nguyen, Research Assistant

 [research@biaph.com](mailto:research@biaph.com)

 905-823-2221

 [www.biaph.com](http://www.biaph.com)

Funded by the  
Government of Canada's  
Community Services Recovery Fund



**Email Disclaimer:** Please note that the security of email messages is not guaranteed. Messages may be forged, forwarded, kept indefinitely, or seen by others using the internet. Do not discuss sensitive over email. Do not use email to communicate an emergency.

## OUR EVENTS

### Annual Holiday Party

On December 1, 2022, we hosted our 26th Annual Holiday Party. With the BIAPH team, members, their families, and sponsors we celebrated the ABI community and BIAPH's efforts throughout the year. We sincerely thank our valued sponsors who helped make this event happen. All proceeds from this event are directed towards BIAPH's Support Programs, which provide assistance to our brain injury survivors and the ABI community.



**SAVE THE DATE: Annual Holiday Party — November 30th, 2023**

## OUR EVENTS

### Annual Bowl-a-thon

On Thursday, February 16th, 2023, BIAPH celebrated our 17th Annual Bowl-a-thon at Classic Bowl, Mississauga. With over 350 donors and 22 sponsors supporting our cause, this year's Bowl-a-thon has been the most successful to date! This event would not have been possible without the continued support and generosity of our Sponsors, Donors, and Fundraisers. A Big Thank You to everyone who participated and supported our fundraiser!

A special shout-out to the Mississauga Steelheads hockey team for sponsoring and supporting the event — Check out our photos to see how Sauga the mascot joined in!



## OUR EVENTS

### Brain Injury Awareness Month

Every year, the month of June signifies Brain Injury Awareness Month (BIAM). Throughout the month, organizations and associations develop campaigns and initiatives that aim to spread awareness of the challenges and experiences of acquired brain injury survivors. These efforts also highlight the need for further programs, services, and support that will help survivors cope, recover, and lead more enjoyable lives.

Acquired brain injury is not uncommon - every day, lives are affected by brain injury:

- Worldwide, 69 million people sustain a traumatic brain injury every year.
- Every 5 minutes, someone in Canada has a stroke.
- 1 in 4 people accessing mental health and substance use services have a history of brain injury.
- People with brain injury are 2.5x more likely to be incarcerated.
- Up to 82% of people experiencing homelessness have a traumatic brain injury.

Data Courtesy of: <https://braintrustcanada.com>

This year, BIAPH recognized BIAM by honouring our members and their extraordinary stories that have shaped their experiences. We showcased our members through our photobook, **“Unveiling Resilience — Narratives Of Senior Acquired Brain Injury Survivors”**.

We also celebrated members' achievements and resilience at our exclusive **BIAM Social** on June 20th, 2023. This event included BIAPH's Board of Directors and staff along with Oakville's MPP Stephen Crawford!

MPP Crawford joined BIAPH to acknowledge the Ontario Trillium Foundation in their support of BIAPH's Skill Building Webinar — to be released in September 2023!



## OUR EVENTS

### 12 Minutes of Christmas

We held our third annual 12 Minutes of Christmas Virtual Holiday Event on December 14th, 2022. Ticket holders were entered into a raffle for a chance to win a \$1000 prize, donated by our sponsors. The generous donations and support from our valued sponsors and registrants have gone towards supporting BIAPH's Support Groups, Caregiver Relief Program, and Peer Support Program!

### *Thank You Sponsors!*

This event would not be possible without the generosity of our wonderful sponsors! Thank you for your continued support of BIAPH and our acquired brain injury survivors and families.

**Bartimaeus  
Rehabilitation  
Services Inc.**

  
**Leigh Craney  
& Associates**  
Case Management

  
**SOLUS**  
SUPPORT SERVICES  
**elements**  
support services

 **INVISIBLECARE**

**KEY METRIX**

**functionability**  
rehabilitation services   
**SOLUTIONS for Living**  
ENTWISLE POWER OCCUPATIONAL THERAPY

### 12 Games of Christmas

This year, we are excited to elevate our 12 Minutes of Christmas event with a special partnership with the Mississauga Steelheads, an esteemed Ontario Hockey League (OHL) team. Together, we will host our highly anticipated 50/50 raffle and a 'Goal in One' car contest during 12 selected home games from the Steelheads' regular season between September and December 2023.



We've teamed up with the prestigious Pfaff Automotive, a renowned luxury car dealership chain. Through Audi Vaughan, one of their dealerships, Pfaff Automotive Partners will award Audi Q5's as prizes to 'Goal in One' contest winners, enhancing the excitement of our '12 Games of Christmas' event!



**For more information on our 12 Games of Christmas event,  
[click this link.](#)**

# BIAPH



Brain Injury Association of Peel and Halton

# 12 GAMES OF CHRISTMAS

## Proceeds Supporting Brain Injury Survivors

# 50/50

# Raffle



Licence Number: RAF1336175

Registered Charity # 13660 9450 RR0001

Terms and Conditions Apply  
Visit [biaph.com](http://biaph.com) for full rules

### 2023 Draw Schedule

Early Bird \$1000 September 15  
Sept 50/50 Draw September 29  
Oct 50/50 Draw October 28

Early Bird \$1000 November 13  
Nov 50/50 Draw November 26  
Dec 50/50 Draw December 17

### Ticket Prices

400 tickets for \$100  
100 tickets for \$50  
30 tickets for \$20  
3 tickets for \$10

# PFAFF



## Goal in One Car Contest

A Shot at Winning an Audi Q5!

Terms and Conditions Apply. Visit [biaph.com](http://biaph.com) for full rules.

- GAME 1** September 29
- GAME 2** October 8
- GAME 3** October 14
- GAME 4** October 21
- GAME 5** October 27
- GAME 6** October 28



- GAME 7** November 24
- GAME 8** November 26
- GAME 9** December 3
- GAME 10** December 8
- GAME 11** December 15
- GAME 12** December 17

## THANK YOU!

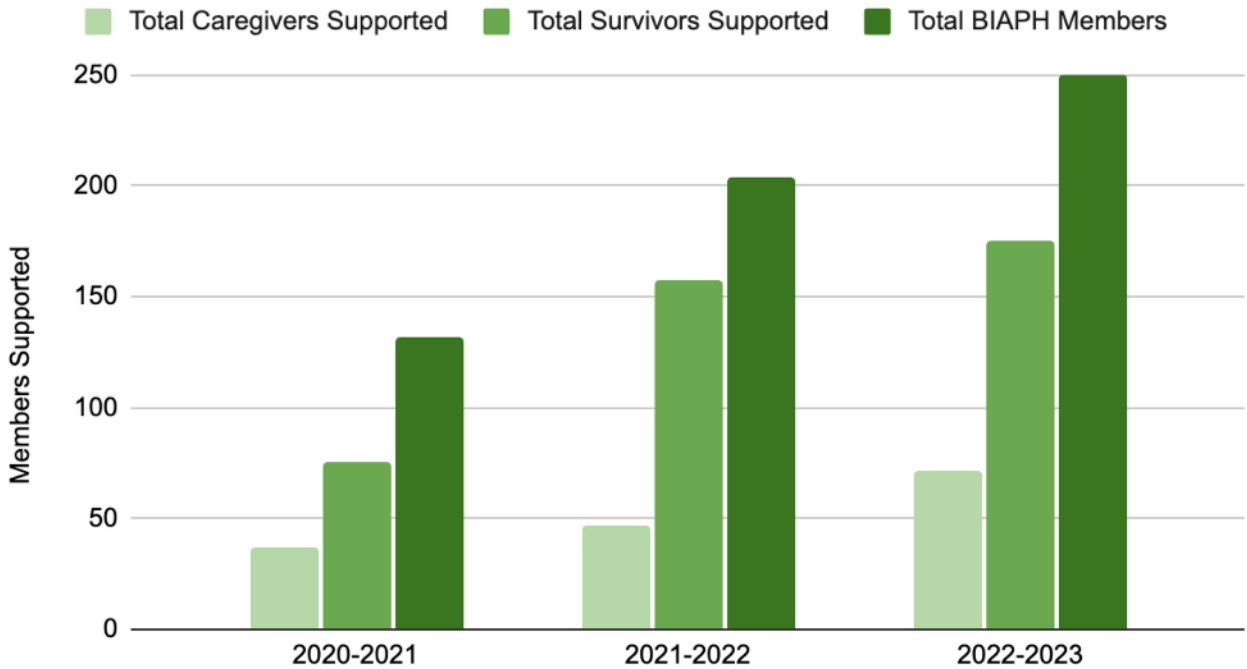
To all of our valued supporters, including our funders, sponsors, donors, dedicated volunteers, and the BIAPH community, we want to extend our heartfelt appreciation for your consistent support over the past year. As outlined in this report, BIAPH has seen remarkable growth, and this progress would have been impossible without your unwavering and generous assistance. Your ongoing commitment enables us to maintain our vital work, ensuring uninterrupted access to our programs and services for those who depend on them.

As we look ahead, we encourage everyone to stay connected for news and updates on our upcoming events. You can also find information on how you can contribute to our ABI community by visiting our website at [www.biaph.com](http://www.biaph.com).

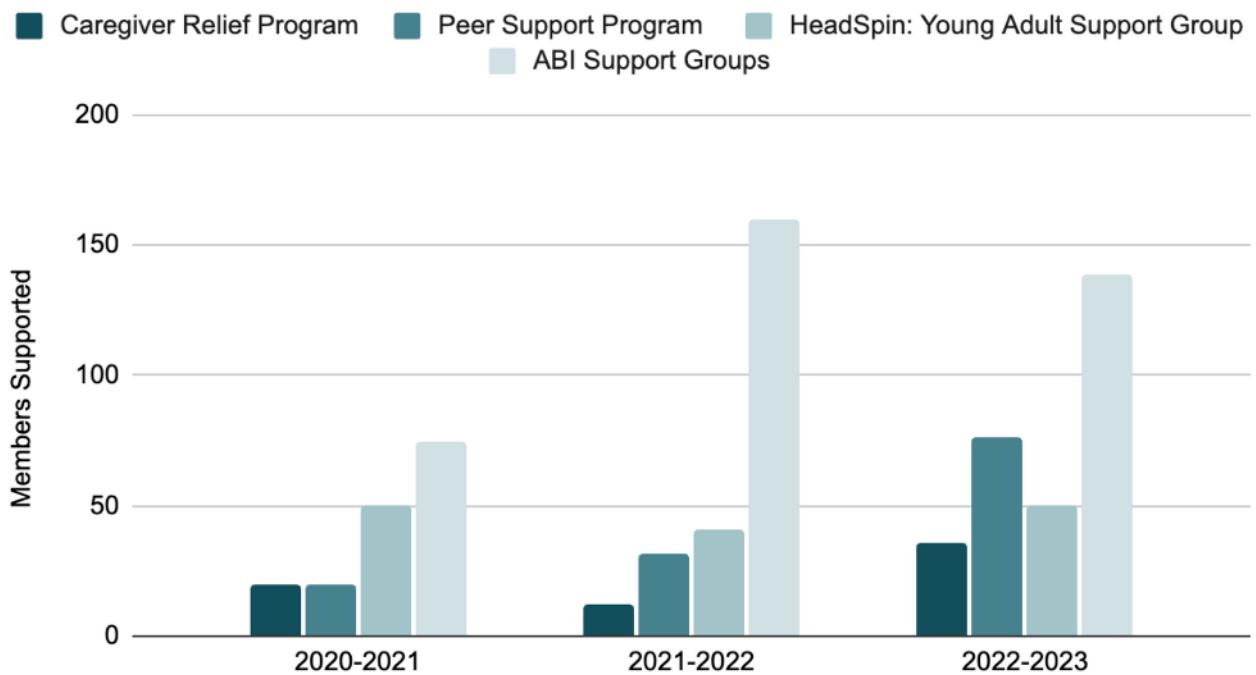
Your involvement is pivotal in shaping the future of BIAPH, and we thank you for your continued support.

## YOUR IMPACT

### BIAPH's Growth (2020-2023)



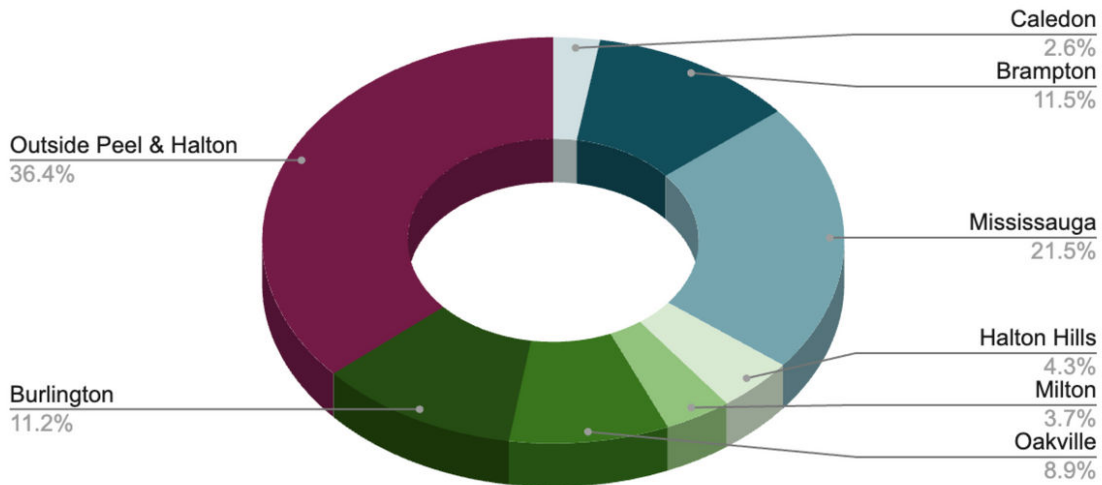
### Program Growth (2020-2023)



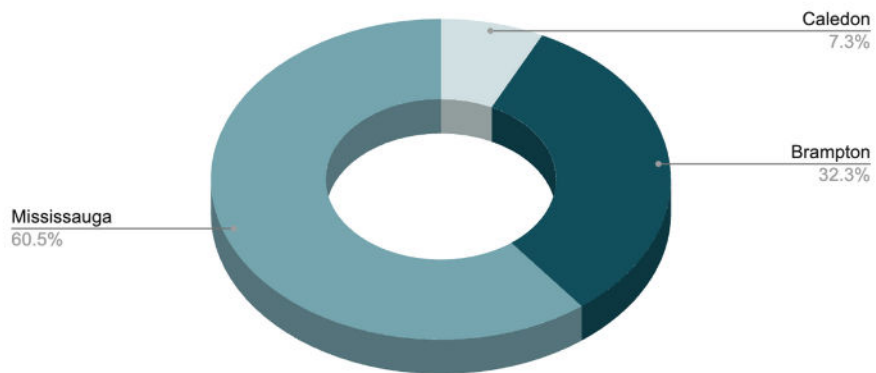


## REACH ACROSS THE REGIONS

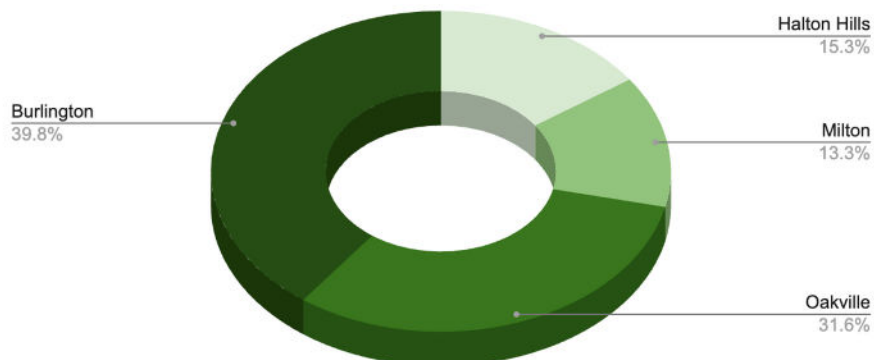
### Members Across All Regions



### Members Across Peel Region



### Members Across Halton Region



**BRAIN INJURY ASSOCIATION OF PEEL & HALTON**  
**Statement of Operations**  
**Year Ended March 31, 2023**

	2023	2022
<b>REVENUES</b>		
Health advocates conference revenue	\$ 83,565	\$ -
Donations and gifts	74,313	8,658
Fundraising	65,301	51,570
Skill building webinar revenue	54,224	-
Headspin - youth support	28,875	32,682
Grant income	15,811	-
Ontario Brain Injury Association shared activities	11,754	11,869
Respite caregiver program	11,552	-
ABI seniors photobook revenue	2,353	-
Invisible disability revenue	1,000	-
	<b>348,748</b>	<b>104,779</b>
<b>EXPENSES</b>		
Program Expenses (Schedule 1)	269,703	138,784
Administrative Expenses (Schedule 2)	76,858	85,925
	<b>346,561</b>	<b>224,709</b>
<b>EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES FROM OPERATIONS</b>	<b>2,187</b>	<b>(119,930)</b>
<b>OTHER INCOME</b>		
Interest income	742	3
Miscellaneous revenue	70	-
	<b>812</b>	<b>3</b>
<b>EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES</b>	<b>\$ 2,999</b>	<b>\$ (119,927)</b>
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 168,622	\$ 95,025
Accounts receivable (Note 3)	1,350	3,781
Harmonized sales tax recoverable	13,890	9,981
Prepaid expenses	3,742	15,960
	<b>\$ 187,604</b>	<b>\$ 124,747</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accounts payable	\$ 24,089	\$ 15,254
Employee deductions payable	7,164	-
Deferred income (Note 4)	68,988	25,129
	<b>100,241</b>	<b>40,383</b>
<b>NET ASSETS</b>	<b>87,363</b>	<b>84,364</b>
	<b>\$ 187,604</b>	<b>\$ 124,747</b>

The financial statement provided is a summary from BIAPH's 2022-2023 Audited Financial Statement. A complete Auditor's Report by GBA LLP is available upon request.