

ABI Support Groups Meeting Schedule

Survivors and Caregivers Weekly Meetings

Our weekly support group for brain injury survivors and caregivers meets every Tuesday from 7:00 PM to 8:30 PM (end time may vary). Meetings are held both in-person at community locations and online via Zoom. To participate, please register via the weekly email, and you'll receive a meeting link or phone access details. Registration is required to ensure you receive any updates. New members are always welcome—contact us for more information. For questions or inquiries, call 905-823-2221 or email supportgroups@biaph.com.

October 2024

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SEPTEMBER
7-9 PM
IN PERSON

ABI Sharing Evening: Navigating Our Paths Together. Join our intimate ABI sharing evening, where resilience meets community. We discuss ongoing rehabilitation journeys, set goals, and exchange valuable resources. Laughter, camaraderie, and hope—we're a tribe of warriors supporting one another.

*Please note change of date from Tuesday to Monday**

08

OCTOBER
7-9 PM
ONLINE

A Discussion on Art-Based Therapy. Explore the transformative world of Art-Based Occupational Therapy (OT). Through creative expression, individuals find solace, self-discovery, and community. Whether facing physical challenges or seeking emotional well-being, this safe space fosters healing, mood improvement, and purpose. Join us to unravel the canvas where art meets wellness.



Maggie Sin, Art Based Occupational Therapist

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OCTOBER
7-9 PM
IN PERSON

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22

OCTOBER
7-9 PM
ONLINE

ABI Caregiver Support Group — Monthly Meeting

Our monthly support group for caregivers of acquired brain injury survivors meets online via Zoom on Tuesdays from 7:00 PM to 8:30 PM (end time may vary). To join, please register via the weekly email, and a Zoom link will be sent to your registered email address. Phone access is also available if needed. Registration is required to keep you informed of any updates. New members are always welcome—contact us for more information. For questions or inquiries, call 905-823-2221 or email supportgroups@biaph.com.

October 2024

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OCTOBER
7-9 PM
ONLINE

As a caregiver supporting someone with an acquired brain injury (ABI), you're not alone. Our support group provides a compassionate space just for you. Here, you'll connect with fellow caregivers who understand the unique challenges you face. Share stories, frustrations, and moments of triumph. Whether you're new to caregiving or a seasoned pro, our group discusses practical strategies—from daily routines to emotional well-being. And remember, self-care matters too. Learn techniques to recharge, manage stress, and find balance. We're a network of knowledge, helping each other access the support we need. Amid the challenges, we find moments of laughter and shared understanding. Caregiving is tough, but together, we find strength. Join us—it's more than a group; it's a lifeline for caregivers.