

BIAPH



Brain Injury Association of Peel & Halton

Annual Report

2024 – 2025

Building Capacity,
Strengthening Community,
Driving Change



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Message From Our Board of Directors

Dear BIAPH Community,

This past year has been one of growth, resilience, and renewed vision for the Brain Injury Association of Peel and Halton. Guided by our mission to support survivors of acquired brain injury (ABI) and their caregivers, we have strengthened our programs, deepened our research partnerships, and expanded our reach across the Peel and Halton communities.

In 2025, we launched our 2025–2028 Strategic Plan, which centers on three key pillars: sustainability, enhancing quality, and building capacity. These priorities will guide BIAPH as we expand access for marginalized groups, strengthen business development through corporate partnerships and community fundraising, and deepen our research collaborations. A key part of this commitment is ensuring that our programs are evidence-based—analyzing engagement, collecting data, and involving member feedback to co-design future sessions that reflect the needs and experiences of our community.

Looking ahead, we are committed to building on this momentum—expanding programs, amplifying the voices of survivors and caregivers, and fostering strong partnerships to create healthier, more connected communities. None of this progress would be possible without the dedication of our members, volunteers, staff, partners, and donors. On behalf of the Board of Directors, we extend our deepest gratitude to each of you for standing with us.

Together, we are not only changing lives—we are shaping a future where every brain injury survivor and caregiver can thrive.

With gratitude,

Board of Directors

Brain Injury Association of Peel & Halton

About Us

The Brain Injury Association of Peel & Halton (BIAPH) is a registered charity dedicated to supporting individuals living with acquired brain injury (ABI), along with their families and caregivers. We provide tailored programs, peer support groups, and community resources designed to reduce isolation, build resilience, and improve quality of life. Beyond direct support, BIAPH works to raise awareness about brain injury prevention and advocates for greater accessibility and equity in services. Through research, education, and collaboration with community and healthcare partners, we strive to create a more inclusive and supportive environment for the ABI community.



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.**

Our Board of Directors

BIAPH is guided by a dedicated Board of Directors who lead with integrity, compassion, and a strong commitment to our mission. Their collective expertise and lived experiences shape our strategic direction, ensuring that our programs and services reflect the evolving needs of the ABI community. The Board plays a vital role in strengthening community partnerships, advancing advocacy efforts, and safeguarding the sustainability of our organization. Through their leadership, BIAPH continues to foster resilience, raise awareness, and provide unwavering support to survivors, caregivers, and families across Peel and Halton.



Roger Foisy
President



Jon Corry
Vice President



Geneviève Grenier
Treasurer



Meagan Buttle
Secretary



Ed Roszczka
Board of Director



Dr. Hardeep Singh
Board of Director



Nick Kuryluk
Board of Director



Shelley Vaisberg
Board of Director



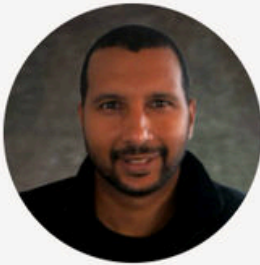
Chris MacDonald
Board of Director



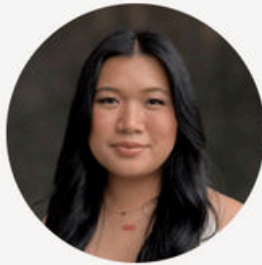
Nichola Nonis
Director of Operations

Our Team

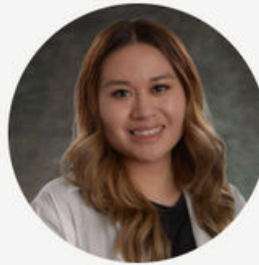
Our team consists of individuals from diverse disciplines and skills, who approach BIAPH's mission with empathy and a strong drive for advocacy. Throughout their time at BIAPH, each team member has played a significant role in ensuring our support programs are quality-driven, member-focused and are aligned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



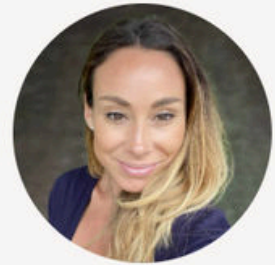
Mitch Lubbe
Program Coordinator



Kelly Ho
Program Assistant



Sarah Vu Nguyen
Peer Support Program
Coordinator



Sarah Hurtubise
Program Facilitator

Welcome, Kelly Ho!

Kelly Ho joined BIAPH a few months ago and has already made a remarkable impact. Kelly is dedicated to enhancing the experiences of our members and ensuring their needs are met with care and creativity. With a strong background in psychology and hands-on experience in educational and therapeutic settings, she brings both expertise and empathy to her role. Members can expect to hear from Kelly often as she works to strengthen our programs and foster meaningful connections within the ABI community.

Youth Engagement Team (Volunteer Program)

Dear BIAPH Community,

We're proud to share the 2024–2025 Annual Report for the [Youth Engagement Team \(YET\)](#)—a year marked by exciting growth, collaboration, and impact.

Building on our first year, we expanded our reach through multiple events at the University of Toronto Mississauga (UTM) and laid the groundwork for a formal chapter launch in Fall 2025. We also received sponsorships from The Tea Room Mississauga and Dollarama and enjoyed continued engagement with partners such as ApexShine Cleaning. In addition, a new collaboration with STRIDE, a local mental health organization, has enhanced our ability to address the intersections of brain injury and mental wellness.

Through our [MindMatters blog](#), we published 21 educational infographics and launched a Brain Injury Awareness Month Toolkit to support survivors and caregivers. We also published a photobook review reflecting on BIAPH's powerful collection of survivor stories.

Looking ahead, we're excited to launch a new ABI-focused podcast in September 2025 to deepen our work in education and advocacy. Thank you to our dedicated volunteers and the BIAPH community for your ongoing support. We look forward to another year of meaningful engagement and impact.

The Youth Engagement Team



To learn more about the Youth Engagement Team, please visit our website:
<https://sites.google.com/biaph.com/youthengagementteam>

Support Programs and Services

200+

Survivors & Caregivers
Accessing our Support
Groups

17

Families supported
through our
Caregiver Relief Program

3536

PSW hours provided
through our
Caregiver Relief Program

Why Members Joined BIAPH's Support Programs

- **Social Connection & Peer Interaction:** To meet and socialize with others who share similar experiences, especially peers in the same age group.
- **Mental Health Support:** To learn strategies for managing anxiety and depression and to discuss feelings in a safe, supportive space.
- **Guidance & Insight:** To hear from guest speakers, gain direction, understand their injury, explore support options, and plan next steps.
- **Professional Referrals:** Recommended by social workers, occupational therapists, speech-language pathologists, hospitals, and rehabilitation centers.
- **Caregiver Support:** To gain tools and knowledge to better assist loved ones living with an ABI.

Common Inquiries

100+

Programs & Services
Inquiries

- **Navigating Resources & Systems:** Access to ABI services and healthcare professionals (OT, PT, counsellors).
- **Seeking Personalized Guidance:** Tailored assistance from professionals experienced in ABI care and navigation.
- **Hybrid & Online Options:** High demand for virtual programming to address geographic or mobility barriers.
- **Underserved Communities:** Programs serving individuals in the criminal justice system, those with dual diagnoses, youth with ABI, long-term survivors, and non-English speakers seeking culturally sensitive supports.

Support Programs and Services

Become a Member & Join Our Community

Are you part of the ABI community or interested in connecting with peers? BIAPH's support groups offer a safe, welcoming space to share experiences, discuss common challenges, and learn strategies for living with ABI. Meetings feature peer connection, professional insights, and opportunities for social and recreational activities. Join us for a session and see if it's the right fit for you.

Membership Options

Enjoy your first three meetings for free—discover if it's the right fit for you!

Standard Membership Fee: \$5/month or \$50/year

Alternative Membership Option:

If financial challenges make it difficult to pay the membership fee, you can join through our Stories of Strength Fundraiser. Share your story, and fundraise the cost of your membership while inspiring others in our community.

Ripple Effect of Support: Any funds raised beyond \$50 will be used to help brain injury survivors access memberships, creating a positive impact for others in need.



[Intake Form](#)



[Membership](#)



[Stories of Strength](#)

Support Programs & Services

Stories of Strength Fundraiser: Increasing Access to Programs & Services

Stories of Strength is BIAPH's initiative that invites ABI survivors and caregivers to share their personal journeys. These stories foster deeper understanding and empathy, while raising awareness about the challenges faced by the ABI community. By donating to this campaign, supporters help transform powerful stories into meaningful impact—funds raised go directly toward expanding access to BIAPH's support groups. Every contribution ensures that survivors and families have a safe space to connect, heal, and build resilience. Together, we can turn stories of struggle into stories of hope, strength, and community.

#HearMyStory



As a mom of 4 kids, what seemed like a day bonding in June 2011 turned into a life changing moment. Going home from taking my 2 youngest children on a school trip, I was involved in a head on collision that changed my whole life.... I am learning coping strategies and, as my children grow and the world continues to change, I keep adapting by using the support of the peer support program and these support groups. [Read More.](#)

Sponsor a Member Today

By supporting Stories of Strength, you help ensure that survivors and caregivers have continued access to vital programs, resources, and peer support. Your generosity turns lived experiences into powerful change—helping BIAPH build a stronger, more resilient ABI community.

To sponsor a member, please visit the link below:
<https://biaph.akaraisin.com/ui/storiesofstrength>

Support Programs and Services

ABI Survivor & Caregiver Support Groups

Our weekly ABI Support Groups provide a safe, inclusive space for survivors and caregivers to share experiences, build connections, and access expert guidance. In 2025, guest speakers covered a wide range of topics, including emotional resilience, mental health, caregiving, brain health, and creative recovery strategies.

By blending peer support with professional insight, these groups reduce isolation, strengthen emotional well-being, and empower participants each year to navigate life after brain injury.

2024-2025 Presentation Highlights

The Autonomic Nervous System: Unlocking Healing Strategies for Brain Injury Recovery, **Lauren Fehlings** - **Precision OT Network**

Assessing and Improving brain health through Cognitive-Motor Integration, **Dr. Lauren Sergio** - **York University**

Finding Your Path When Life Changes: Embracing New Narratives Through the Senses, **Dr. Norman Farb** - **University of Toronto**

Understanding mental health issues related to brain injury, **Dr. Suze Berkhout** - **University of Toronto**

“

They have given me so much resources to help me. The guest speakers at the meetings online have helped me with, managing pain, eating the proper foods, seeing the right doctors.

”

Support Programs and Services

ABI Survivor & Caregiver Support Groups

Caregiver Support Group

Our dedicated Caregiver Support Group offers a monthly haven for those who selflessly support loved ones with ABI. This safe space fosters peer-to-peer connection, allowing caregivers to share experiences, access valuable resources, and find emotional support.

“

I find the Caregiver groups very validating and supportive. Good speakers on topics I want to learn about. Highly recommend the Caregiver Group.

”

Member Satisfaction

93%

Sense of
Belonging &
Community

92%

Emotional
Support &
Validation

86%

Learning
From Guest
Speakers

70%

Structure
and Routine

98%

Program
Value

Support Programs and Services

Headspin: Young Adult Support Group

Headspin fosters belonging and social connection for young adults aged 16 to their late 30s through engaging, member-driven activities. Members explore new interests through activities such as art, comic creation, nature-based experiences, trivia, and bowling. Facilitators with diverse backgrounds mentor participants, helping them build friendships, skills, and confidence.

A key highlight was the **Headspin Infographic Workshop**, a six-week collaboration with researchers Dr. Denielle Elliot and Michelle Charette. Participants analyzed public health infographics on brain injury, and designed their own visuals—blending creativity, advocacy, and research.

Through these initiatives, Headspin reduces isolation, supports skill development, and strengthens community connections for youth with acquired brain injuries.



June 5. 2025 gardening



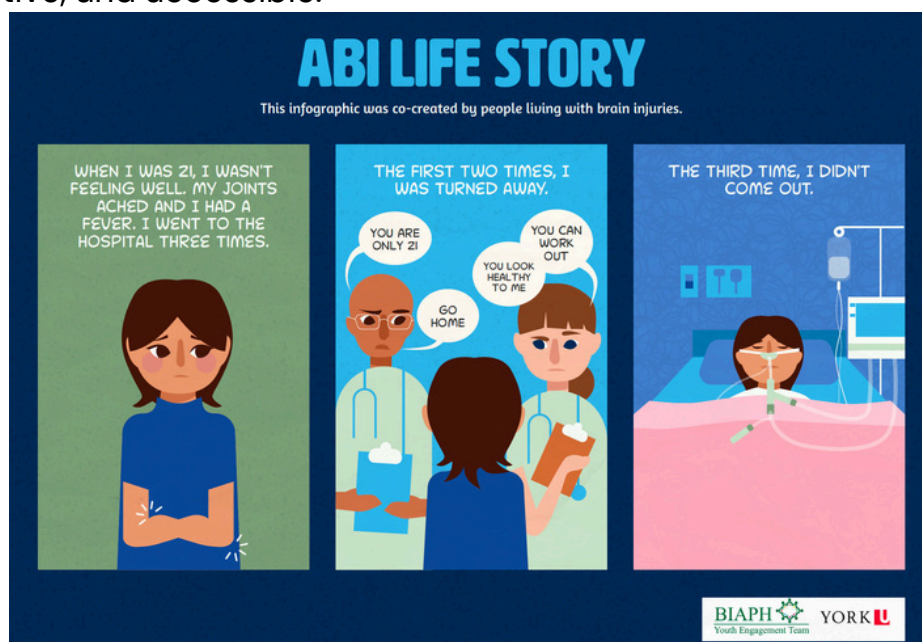
March 6. 2025 Pemetres

Headspin: Young Adult Support Group

Headspin Infographic Workshop

Co-Created Infographics: A Collaborative Visual Storytelling Journey

In 2024, BIAPH partnered with the Beautiful Brains Collaboratory at York University alongside Dr. Denielle Elliot and Michelle Charette to explore an innovative approach to knowledge translation: co-creating brain injury infographics with members of our youth support group, Headspin. Over six interactive workshops, Headspin members worked alongside researchers and a local artist to transform complex health information into clear, visually engaging graphics. The process wasn't just about design — it was about centering lived experience. Participants learned how to distill key messages, experiment with visuals, and communicate important information in ways that are more inclusive, creative, and accessible.



The success of this project reflects the importance of partnership between community organizations, universities, and artists in advancing innovative, participatory research. BIAPH is proud to have been part of this initiative, which continues to spark conversations about how we share knowledge and advocate for change.

Read the full story on the Beautiful Brains blog: [Infographic Interventions: Co-Creating Brain Injury Infographics with Members of the Brain Injury Association](#)

Support Programs and Services

Caregiver Relief Program

The Caregiver Relief Program supports families and primary caregivers of individuals living with an acquired brain injury (ABI) by providing flexible, in-home assistance tailored to each family's needs. Participants receive up to four hours of Personal Support Worker (PSW) services each week for 12 months, helping reduce the daily demands of caregiving while ensuring quality care for the survivor.

By offering consistent, dependable support, the program helps prevent caregiver burnout, promotes stability at home, and enhances the well-being of both survivors and caregivers.

Services offered include but may not be limited to:

- **Attendant Care** — Personal care, household tasks, and in-home supervision to give caregivers time to rest or manage other responsibilities.
- **Community and Social Support** — Assistance with transportation, community programs, and recreational or therapeutic activities to promote inclusion and quality of life.

“

The Caregiver Relief, helps me a lot to find time for myself... It helps with my mental health to step out the house couple hours a week. The psw is amazing, she's been very helpful, she's been great to my son. I am really grateful for this program. I cannot thank you enough.

”

Support Programs and Services

Peer Support Program

Our Peer Support Program connects individuals living with ABI with trained mentors who share similar experiences. These mentors provide emotional support, share valuable knowledge, and guide participants facing related challenges. This program, coordinated by the Ontario Brain Injury Association and run in partnership with local brain injury associations across Ontario, fosters a supportive community empowering ABI survivors on their journey.



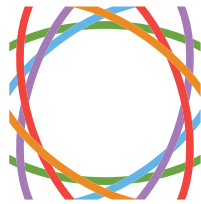
28
Partners

35
Matches

14
Mentors

Email peersupport@biaph.com for more information.

Grants and Funded Projects



ONTARIO
BRAIN
INSTITUTE

INSTITUT
ONTARIEN
DU CERVEAU

Program Evaluation Project

With support from the Ontario Brain Institute's GEEK grant, BIAPH is building long-term evaluation capacity to strengthen our support groups, reduce isolation, and better serve diverse ABI communities.

[GEEK Recipients](#)

We're proud to be named a **2025 GEEK** recipient by the **Ontario Brain Institute!** With this support, BIAPH is enhancing how we evaluate and deliver programs for individuals with acquired brain injuries (ABI) and their caregivers in Peel and Halton.

Through this project, survivors and caregivers will guide the process via a dedicated advisory committee. Together, we will measure outcomes such as reduced isolation, improved coping skills, and stronger peer relationships, while identifying emerging needs—particularly within rural and culturally diverse communities.

This initiative builds BIAPH's long-term evaluation capacity, ensuring our ABI Support Groups can grow, adapt, and demonstrate impact for years to come.

To learn more about our Research, please visit our website:

<https://biaph.com/research/>

Grants and Funded Projects

CANADA SUMMER JOBS GRANT

This funding supported BIAPH through the recruitment of two Business Development Officers. Their contributions have elevated youth involvement and played a key role in driving impactful and positive change within our community.



Government
of Canada

Gouvernement
du Canada

HALTON REGION COMMUNITY INVESTMENT FUND

We are grateful to the Halton Region Community Investment Fund for three years of support, which sustained our Headspin program and ensured quality services for youth and young adult members.



RESILIENT COMMUNITIES FUND

As part of our long-term community engagement and program expansion, this funding supported a pilot of the adapted Caregiver Relief Program and the development of a photobook documenting the daily experiences of ABI caregivers. With a focus on improving access for marginalized families in Peel-Halton, the project emphasized outreach to the region's top language groups.



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

Our Research

Publication in Disability and Rehabilitation

Grewal, J., Vu Nguyen, S., Nonis, N., & Singh, H. (2024). A qualitative study of individuals with acquired brain injury' and program facilitators' experiences in virtual acquired brain injury community support programs. *Disability and Rehabilitation*, 1–10. <https://doi.org/10.1080/09638288.2024.2383398>

Poster Presentations

World Congress of Neurorehabilitation

Grewal, J., Vu Nguyen, S., Nonis, N., & Singh, H. (2024). A qualitative study of individuals with acquired brain injury' and program facilitators' experiences in virtual ABI community support programs. World Congress of Neurorehabilitation. Vancouver, Canada.

Canadian Association of Occupational Therapists

Grewal, J., Vu Nguyen, S., Nonis, N., & Singh, H. (2024). Understanding user experiences of virtual acquired brain injury support programs. Poster presentation. Canadian Association of Occupational Therapists. Halifax, Canada.

Toronto Rehabilitation Institute's 16th Annual Brain Injury Conference

Grewal, J., Vu Nguyen, S., Nonis, N., & Singh, H. (2024). Individuals with acquired brain injury and program facilitators' experiences in virtual ABI community support programs: A qualitative study. Poster presentation. Toronto Rehabilitation Institute's 16th Annual Brain Injury Conference. Toronto, Canada.

GTA Rehab Network Best Practices Day

Grewal, J., Vu Nguyen, S., Nonis, N., & Singh, H. (2024). Experiences of attending and facilitating virtual ABI support programs: A qualitative study. Poster presentation. GTA Rehab Network Best Practices Day. Toronto, Canada.

American Congress of Rehabilitation Medicine

Grewal, J., Vu Nguyen, S., Nonis, N., & Singh, H. (2023). A qualitative study of individuals with acquired brain injury' and program facilitators' experiences in virtual ABI community support programs. Poster presentation. American Congress of Rehabilitation Medicine. Atlanta, United States.

Our Research

Mind Matters Blog

Managed by our Youth Engagement Team volunteers, MindMatters is BIAPH's youth-led blog dedicated to fostering awareness, resilience, and practical support for individuals navigating life with an acquired brain injury (ABI). The blog transforms clinical research into relatable, practical content—from recovery tips and daily coping strategies to reflections on lived experience—making ABI knowledge accessible to survivors, caregivers, educators, and allies alike.

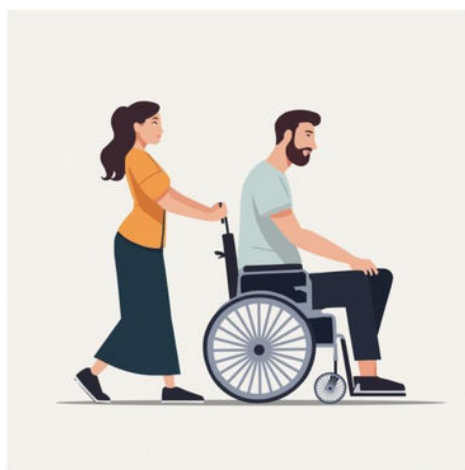
Our blog posts cover a wide range of topics, from:

- Long-Term Risks After TBI
- School Success After ABI
- Managing Changes After ABI
- Mindfulness & Cognitive Health
- Technology & ABI Rehabilitation,

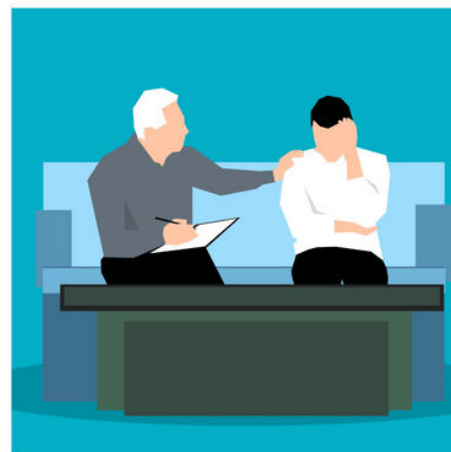
each addressing important challenges and questions faced by the ABI community. Grounded in research and tailored for real life, articles such as "[The Role of Nutrition in Sport-Related Concussions](#)" (Oct 2024) draw on peer-reviewed studies to provide readers with clear, practical insights they can apply in their everyday lives.



Mindfulness & Cognitive Health



Supported Community Living



Managing Changes After ABI

Our Events

28th Annual Holiday Party

On November 28, 2024, we proudly celebrated our 28th Annual Holiday Party—a cherished tradition since 1996 that brings together survivors, caregivers, families, and supporters to celebrate the season and the strength of our community. The evening highlighted the accomplishments of the ABI community and BIAPH's work over the past year, made possible through the generosity of our sponsors and supporters. We are deeply grateful to everyone who joined us in making this year's celebration another memorable success.

We extend a special thanks to our corporate partners, whose outstanding generosity and long-standing commitment to BIAPH continue to strengthen our programs and services. All proceeds from the event go directly toward BIAPH's Support Programs, providing vital resources to brain injury survivors and their loved ones.

To view photos from the event, please visit the link below:

<https://biaph.pixieset.com/holidayparty2024/>



Our Events

19th Annual Bowl-a-thon

On February 25th, BIAPH hosted our 19th Annual Bowl-a-thon at Classic Bowl Mississauga, and it was a resounding success! Thanks to the incredible generosity of our attendees, sponsors, and supporters, the event raised over \$35,000 to directly support individuals living with acquired brain injuries and their caregivers.

The evening was filled with energy, community spirit, and fun, as teams came together to bowl, connect, and make a difference. We extend a special thanks to our corporate partners, whose outstanding generosity and commitment play a vital role in strengthening our programs and services. We are deeply grateful to everyone who participated, donated, and helped make this event possible.

To view photos from the event, please visit the link below:

<https://biaph.pixieset.com/bowl-a-thon2025/>



Our Events

Kirsten's Karaoke Fundraiser

On June 26th, 2025, the BIAPH community gathered to celebrate the life of Kirsten Hadleycrane — an incredible woman who lit up every room she walked into, fiercely advocated for brain injury survivors, and brought so much heart and humour to everything she did.



The evening was a true reflection of Kirsten's spirit—filled with laughter, music, and heartfelt memories that honoured her legacy of joy, connection, and community.

Event Highlights

- **Foisy & Associates** generously matched donations up to \$25,000
- Karaoke Roulette brought fun and energy to the night
- 50/50 Raffle awarded a \$1,625 cash prize

Thanks to the incredible generosity of our community, the event raised vital funds in support of BIAPH's Programs and Services—initiatives Kirsten championed with passion throughout her life.

To view photos from the event, please visit the link below:

<https://biaph.pixieset.com/kirstenskaraokefundraiser2025/>



Fundraising Gladiators



Fundraising Gladiators

The Fundraising Gladiators initiative is an exciting, community-driven platform that gives passionate individuals the opportunity to raise funds in creative ways for BIAPH's free support programs and services. Whether you host events, launch an online fundraiser, or run a marathon, every dollar you raise helps brain injury survivors on their journey to recovery and independence.

- **Personalized Webpage & Social Media Promotion:** You will receive a customized webpage on our Gladiators page, highlighting your commitment to supporting the brain injury community. This is paired with strategic social media shout-outs across our platforms, ensuring your story reaches a broad and engaged audience.
- **Premier Recognition for Raising \$5,000:** Unlock premier recognition and exclusive experiences. You'll be invited to our Partner Appreciation Cocktail Hour, held before major events like the Holiday Party and Bowl-a-thon, where you can network with top supporters and stakeholders while celebrating your impact.
- **Elite Recognition for Raising \$10,000:** Achieve the \$10,000 milestone and be invited to speak at BIAPH's Holiday Party, with a reserved table of 8 for your team. Additionally, you'll receive a designated lane for your team at the Bowl-a-thon, offering a fun and engaging opportunity for visibility.



GLADIATOR

\$1000 raised



CHAMPION

\$5000 raised



LEGEND

\$10,000 raised

Become a Fundraising Gladiator Today!
<https://biaph.com/fundraising-gladiators/>

Corporate Partners

Corporate Partners

Brain injuries affect over 500,000 Canadians each year, changing the lives of survivors and their caregivers in profound ways. BIAPH provides crucial services, including support groups, caregiver resources, and young adult programs that help individuals navigate their journey to recovery and regain independence. By becoming a corporate partner, you will help sustain these essential services, ensuring that no one in our community has to face brain injury alone.



Partnership Perks

- **Exclusive Event Access:** Enjoy VIP access to BIAPH's signature events, such as the 2024 Holiday Party (Table of 8) and 2025 Bowl-a-thon Lane reservations.
- **Community Engagement:** Take part in community initiatives, such as speaking opportunities at ABI Support Group meetings, where your company can demonstrate leadership in supporting brain injury survivors.
- **Tailored Marketing Opportunities:** Our team will work with you to create personalized campaigns to highlight your company's contributions across BIAPH's media platforms.

Become a Corporate Partner Today!

<https://biaph.com/corporate-partners/>

To our members, caregivers, staff, volunteers, partners, and donors—thank you. Your dedication, generosity, and trust make everything we do at BIAPH possible.

Because of you, our programs continue to grow stronger, more inclusive, and more impactful. Together, we are building capacity, strengthening community, and driving meaningful change for brain injury survivors and their families.

We look forward to continuing this journey with you—creating a future where every survivor and caregiver has the support, resources, and community they deserve.

To learn more about how you can continue making a difference, please visit us at www.biaph.com.

BIAPH



Brain Injury Association of Peel & Halton



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