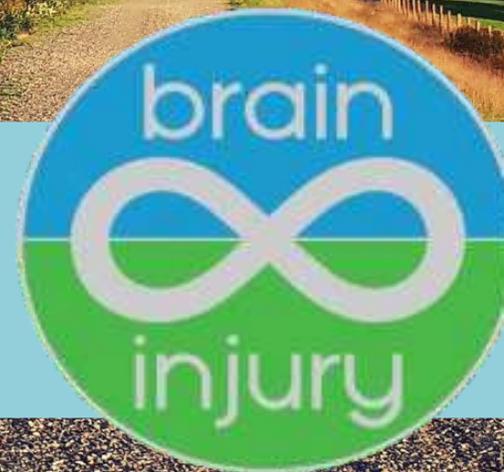


Acquired Brain Injury Information and Resource Package

Eleventh Edition 2026



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Fraser Valley Brain
Injury Association

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Fraser Valley Brain Injury Association

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Please note: Inclusion in this Information and Resource Manual does not imply an endorsement by the Fraser Valley Brain Injury Association nor does it guarantee eligibility for services.

Alcohol, Smoking, Addictions, and Treatment

Abbotsford Addictions Centre	https://archway.ca/programs/#addiction	604-850-5106
Fraser Health Indigenous Health	https://www.fraserhealth.ca/health-topics-a-to-z/indigenous-health	1-866-766-6960
Fraser Health Aboriginal Mental Health Liaisons	https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---community-services/aboriginal-mental-health-liaisons	1-866-766-6960
Agassiz- Harrison Community Services, Substance Use Service	http://agassiz-harrisoncs.ca/	604-796-2585
Alcoholics Anonymous Meetings Abbotsford Chilliwack Langley Mission Vancouver Other	http://abbotsfordaa.org/index.php/meetings/ https://chilliwackaa.ca https://district43aa.org https://missionaa.ca http://www.vancouveraa.ca/ http://www.aa.org/pages/en_US/find-local-aa	604-615-2911 (24/7) 604-819-2644 604-533-2600 604-864-1552 (24/7) 604-434-3933 604-615-2911 (24/7)
Al-Anon Family Groups and Alateen Meetings	https://al-anon.org/al-anon-meetings/	604-688-1716
Alcohol and Drug Information and Referral Line BC Wide	https://www.heretohelp.bc.ca/get-help	1-800-663-1441
BC Smoking Cessation Program	https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pharmacare/pharmacies/smoking-cessation-program-for-health-professionals	1-866-683-6819
BC Children's Substance Use Services	https://www.bcchildrens.ca/clinics-services/substance-use-services	
Chilliwack Addiction and Prevention Services	https://pcrs.ca/our-programs/chilliwack-substance-use-and-prevention-services-caps/	604-795-5994
First Nations Health Authority	https://www.fnha.ca/	1-855-550-5454
Fraser Health Community Substance Use Clinics	https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use	
Fraser House Society (Mission, BC)	http://fraserhouse.org/	604-826-6810
Hope and Area Transition Society, Addiction Services	https://hopetransition.org/	604-869-5111
Kelty Mental Health	https://keltymentalhealth.ca/substance-use	1-800-665-1822
Langley Community Services, Substance Use Services	https://www.lcss.ca/programs-and-services/substance-use-services/	604-534-7230 (intake ext. 1108)
Mission Friendship Centre Society, Drug Rehabilitation	https://missionfriendshipcentresociety.com/	604-826-1281
Narcotics Anonymous, Lower Mainland	https://www.nar-anon.org/find-a-meeting	604-873-1018
SMART recovery	www.smartrecovery.org	
QuitNOW Smoking Cessation	www.quitnow.ca	1-877-455-2233

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Vancouver Coastal Health –Mental Health and Substance Use Services	http://www.vch.ca/your-care/mental-health-substance-use/substance-use-services	1-866-658-1221
Vancouver Insite - Supervised Injection Site	http://www.vch.ca/locations-services/result?res_id=964	604-687-7483
Vancouver Coastal Health Stepping Stones Substance Use Services	https://www.vch.ca/en/location-service/stepping-stones-substance-use-services	604-982-5616
Vancouver Onsite – Detox Facility	http://www.vch.ca/Locations-Services/result?res_id=1397	604-803-3507
Prism (LGBT2Q+) services	http://www.vch.ca/Locations-Services/result?res_id=184	604-331-8900
Vancouver Access Central	http://www.vch.ca/Locations-Services/result?res_id=1188	1-866-658-1221
Vancouver Crisis Centre	https://crisiscentre.bc.ca/contact-us/	1-866-661-3311 Call, text 24/7: 9-8-8 Mental Health Crisis: 310-6789 (no area code)
Vancouver Coastal Health- Access & Assessment Centre	http://www.vch.ca/your-care/mental-health-substance-use/vancouver-access-assessment-centre	604-675-3700
Interior Health Mental Health and Substance Use Services	https://www.interiorhealth.ca/health-and-wellness/mental-health-and-substance-use	310-6478 (no area code)
Island Health Mental Health and Substance Use Services	https://www.islandhealth.ca/our-services/mental-health-substance-use-services	1-888-885-8824.
OAT Clinics Accepting Patients	https://www.bccsu.ca/wp-content/uploads/2026/01/OAT-Clinics-Accepting-New-Patients.pdf	
BC Centre on Substance Use General Line Clinician ONLY Line	https://www.bccsu.ca	778-945-7616 778-945-7619
Canadian Mental Health Association, Family Support	https://bc.cmha.ca/news/new-resources-to-support-bc-families-impacted-by-substance-use/	604-688-3234

bc211.ca

THE HELP YOU NEED. NOW.

DIAL 211

211

United Way

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Brain Injury Associations in British Columbia

BrainTrust Canada www.braintrustcanada.com

Toll-free 1-800-762-3233

BrainTrust Canada is a progressive non-profit association that has provided community rehabilitation to persons with brain injury in the Okanagan since 1986. The association provides individualized community support and rehabilitation to maximize independence after brain injury.

Bulkley Valley Brain Injury Association www.bvbia.ca

250-877-7723

The Bulkley Valley Brain Injury Association serves Hazelton, Houston and Smithers. They strive to ensure that services and support are provided in a respectful and timely manner to people affected by brain injury.

Campbell River Head Injury Support Society www.crhead.ca

250-287 4323

Campbell River Head Injury Support Society provides education, support, advocacy and fellowship to brain injury survivors, their caregivers, families and education to the public about brain injury.

Cariboo Brain Injury Association www.cariboobraininjury.com

info@cariboobraininjury.com

CBIA's mission is to provide peer-led support and mentorship to help people with acquired brain injuries in managing their best life via information services, safe places to talk about their experiences with others, and encouraging places to regularly practice recommended interventions.

Comox Valley Head Injury Society www.cvhis.org

250-334-9225

The Comox Valley Head Injury Society (CVHIS) is a non-profit organization providing programs and support services to brain injury survivors, their families and caregivers in the Comox Valley.

Cowichan Brain Injury Society <https://www.cowichanbraininjury.org/>

250-597-4662

The Cowichan Brain Injury Society is a charitable organization that offers support, case management and other services for people with brain injury.

Fraser Valley Brain Injury Association www.fvbia.org

Toll-free 1-866-557-1913

The Fraser Valley Brain Injury Association is a charitable organization that has been offering support and services to people with acquired brain injuries and their families since 1997.

Kamloops Brain Injury Association www.kbia.ca

250-372-1799

The Kamloops Brain Injury Association serves individuals with acquired brain injuries, their families, caregivers and associates by offering specialized programs and life skills education.

Nanaimo Brain Injury Society www.nbis.ca

250-753-5600

The Nanaimo Brain Injury Society provides support, education and advocacy to people on central Vancouver Island with acquired brain injuries, their families and friends.

Northern Brain Injury Association <http://nbia.ca>

Toll-free 1-866-979-4673

The Northern Brain Injury Association was founded in 2002 in response to the lack of services that were available for Northern British Columbia survivors of brain injury, and their families.

Powell River Brain Injury Society www.braininjuriesociety.com

Toll-free 1-866-499-6065

The Powell River Brain Injury Society is committed to providing the best service delivery available to their clients living with acquired brain injury, their families and their caregivers.

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Fraser Valley Brain Injury Association

Prince George Brain Injured Group Society www.pgbig.ca

Toll-free 1-877-564-2447

The Prince George Brain Injured Group provides community rehabilitation and services to more than 300 survivors of brain injury every year.

South Okanagan Similkameen Brain Injury Society www.sosbis.com 250-490-0613

The South Okanagan Similkameen Brain Injury Society (SOSBIS) is a non-profit organization made up of people with brain injuries, family members, and professionals dedicated to assisting survivors and their families to achieve the greatest level of independence and quality of life.

Victoria Brain Injury Society www.vbis.ca 250-598-9339

Victoria Brain Injury Society gives survivors and their loved ones that which the medical professional cannot: long-term support through the many steps, both backward and forward, of life after brain injury.

Kootenay Brain Injury Association www.kootenaybia.ca 778-460-4500

Kootenay Brain Injury Association offers support, guidance and education to both the person living with the effects of acquired brain injury and those who care for and about them.



Brain Injury Alliance

Other Brain Injury Organizations:

BC Brain Injury Association <https://www.brainstreams.ca>

Brain Injury Alliance <https://www.braininjuryalliance.ca/>

Brain Injury Alliance Dr. Gur Singh Memorial Education Fund <https://www.drgursinghgrants.ca/>
Education, Training and Employment Support for British Columbians Living with Acquired Brain Injuries

Brain Injury Canada <https://www.braininjurycanada.ca/>

Brain Injury Support Groups

Vancouver Brain Injury Support Group

Contact: Lillian Wong
Phone: 604-873-2385
E-mail: lmwong@shaw.ca

Richmond Brain Injury Support Group

Contact: Tina Suter
Phone: 604-540-9234
E-mail: brain@telus.net

Surrey Brain Injury Support Group

Contact: Tina Suter
Phone: 604-540-9234
E-mail: brain@telus.net

Sechelt (Sunshine Coast) Brain Injury Support Group

5630 Inlet Ave, Sechelt, B.C., V0N 3A3 Contact:
Susan Goddard
Phone: 604-885-8524/ 604-989-8524
Fax: 604-741-0728
Support Groups: Sechelt Email:
susan.goddard@vch.ca

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Fraser Valley Brain Injury Association

Brain Injury Drop-in Day Programs and Drop-in Centres

Fraser Valley Brain Injury Association www.fvbia.org

ABI Drop-in program in Hope.

Medical proof of brain injury required.

604-557-1913

Toll-free 1-866-557-1913

Communitas Supportive Care Society www.comunitascare.com

Operates ABI Drop-in programs in Abbotsford & Chilliwack.

Medical proof of brain injury required.

604-850-6608

Toll-free 1-800-622-5455

UNITI <https://www.uniti4all.com/services>

ABI Day Programs & Drop-In program in Surrey, BC.

Referral from Fraser Health required.

604 592-1006

Strive Centre Headway New Westminster

<https://striveliving.ca/services/adults/community-leisure-program/>

ABI Drop-In programs in Vancouver and New Westminster.

Scheduled programs also available.

604-520-0130

778-370-5499



Child and Adolescent Services

Archway Community Services – Youth Resource Centre	https://archway.ca/program/youth-resource-centre/	604-870-4972
BC Children's Substance Use Services	https://www.bcchildrens.ca/clinics-services/substance-use-services	
Family Services of Greater Vancouver	https://fsgv.ca/programs/family-services/	604 875 6277
Encompass Support Services Society Langley	www.encompass-supports.com	604-534-2171
Fraser Valley Child Development Centre	http://www.fvcdc.org	877-850-2686
GF Strong Rehab Centre Adolescent and Young Adult Program	http://www.vch.ca/locations-and-services/find-health-services/?program_id=1399	604-737-6291
Kids Help Phone	https://kidshelpphone.ca/	1-800-668-6868
Langley Youth and Family Services	https://lyfs.ca	604-514-2900
Legal Aid BC	https://legalaid.bc.ca	1-866-577-2525

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Ministry of Children and Family Development Central Screening Abbotsford Chilliwack Hope Langley Mission	http://www.gov.bc.ca/mcf	1-800-663-9122 604-870-5880 604-702-2311 604-869-4900 604-514-2711 604-820-4300
Parent Support Services Society of BC	https://www.parentsupportbc.ca/	1-877-345-9777
Youth in BC Helpline & Live Chat Online Vancouver Sunshine Coast Mental Health	www.youthinbc.com	604-872-3311 1-866-661-3311 310-6789 (no area code)
Sunny Hill Health Centre for Children	https://www.bcchildrens.ca/clinics-services/developmental-pediatrics-sunny-hill-health-centre	1-888-300-3088
Foundry BC (Mental Health)	https://foundrybc.ca	
Archway	https://archway.ca/	604-859-7681
BounceBack	https://bouncebackbc.ca/what-is-bounceback/	
Variety	https://www.variety.bc.ca	1-800-381-2040
Community Brain Injury Program for Children and Youth	https://www.bc-cfa.org/programs/children-and-youth/brain-injury	604-451-5511
SOURCES Programs	https://www.sourcesbc.ca/our-services/	604-531-6226
Cyrus Centre	cyruscentre.com	604-852-9305
Abilities Neurological Rehabilitation Abbotsford Chilliwack Coquitlam Langley Surrey	https://abilitiesrehabilitation.com	778-880-0944 604-846-8240 604-540-0078 604-371-0767 778-574-2747
Youth CO HIV & Hep C Society	https://www.youthco.org	1-855-968-8426
Pediatric Therapy BC	https://therapybc.ca/community-brain-injury-program/	
YVR Sunflower Lanyard for Disabilities	https://www.yvr.ca/en/passengers/accessibility-at-yvr/accessibility-travel-resources/hidden-disabilities-sunflower-program#:~:text=You%20can%20pick%20up%20a,at%20customercallcentre%40yvr.ca.	
YOUTH EMPLOYMENT		
Chilliwack Resource Centre	http://www.chilliwack.com/main/page.cfm?id=1387	604-702-9595
Young Canadians	https://www.canada.ca/en/services/youth.html	
WorkBC	https://www.workbc.ca/Resources-for/Youth.aspx	1-877-952-6914

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Community Support Services

Archway	https://archway.ca/	604-859-7681
Agassiz/Harrison Community Services	https://agassiz-harrisoncs.ca	604-796-0266
Chilliwack Community Services	www.comserv.bc.ca	604-792-4267
Hope Community Services	https://hopecommunityservices.com	604-869-2466
Mission Community Services	www.missioncommunityservices.com	604-826-3634
Langley Community Services	www.lcss.ca	604-534-7921
PLEA	https://www.plea.ca/	604-871-0450
Salvation Army Abbotsford Chilliwack Langley	https://salvationarmy.ca/contact/	604-852-9305 604-792-0001 604-514-7375

Concussion Supports and Resources

A concussion is an injury to the brain, which can be caused by a sudden acceleration to the head and neck. The WHO diagnostic criteria for a concussion states a jolt or direct hit to the head with one or more of the following symptoms: Amnesia lasting 24 hours or less, loss of consciousness for 30 minutes or less, Glasgow coma scale (13- 15/15) or dazed and confused (at the time of the injury).

Symptoms can appear immediately or in some cases, days following the initial injury. Concussions can occur from various activities including falls, sports, motor vehicle collisions or being struck by an object.

Many individuals that sustain a concussion begin to feel better and have symptoms alleviate within a few days to weeks. There are, however, a small percentage of the population whose symptoms can persist for months or longer. This is called Post-Concussion Syndrome (PCS).

VCH Acquired Brain Injury-Self-Management Program	https://concussion.vch.ca	604-737-6291
CATT Online – Concussion Awareness Training Tool	https://cattonline.com/	
Fraser Health Acquired Brain Injury and Concussion Services	https://www.fraserhealth.ca/health-topics-a-to-z/brain-injury/concussion	604-520-4175
GF Strong Rehabilitation	https://concussion.vch.ca	604-714-4186
Fraser Valley Brain Injury Association - Concussion Information ONLY	https://www.fvbia.org/concussion/	604-557-1913
Abilities Neurological Rehab	https://abilitiesrehabilitation.com/concussion-managements/	
Concussion Legacy Foundation	https://concussionfoundation.org/en-ca/peer-support/	
Living Concussion Guidelines	https://concussionsontario.org/	
Abilities Neurological Rehabilitation Abbotsford Chilliwack Coquitlam Langley Surrey	https://abilitiesrehabilitation.com	778-880-0944 604-846-8240 604-540-0078 604-371-0767 778-574-2747

Counselling Services, Support, and Peer Support Groups

Contact Fraser Valley Brain Injury Association at info@fvbia.org or 604-557-1913 for professional counsellors in your area who have experience working with people with acquired brain injuries and their families.

You can find directories of counsellors through their professional organizations:

- Registered Clinical Counsellors: <https://bc-counsellors.org/counsellors/>
- Canadian Certified Counsellors: <https://www.ccpa-accp.ca/find-a-canadian-certified-counsellor/>
- Canadian Professional Counsellors: <https://www.cpcarpc.ca/counsellor-directory.aspx>

Ann Davis Transition Society (Chilliwack)	http://www.anndavis.org	604-792-2760
Canadian Association for Suicide Prevention	https://suicideprevention.ca	613-702-4446
Telecare BC	http://www.telecarebc.com/home	1-888-852-9099
The Crisis Intervention and Suicide Prevention Centre of BC	http://crisiscentre.bc.ca	1-800-784-2433 Text/Call 9-8-8
Options BC Crisis Line	https://www.options.bc.ca/program/fraser-health-crisis-line	1-877-820-7444
Sexual Abuse Support Services (SASS)	https://www.encompass-supports.com/sexual-abuse-support-services.html	604-534-2171
VictimLink BC	http://www.victimlinkbc.ca	1-800-563-0808
SOURCES	https://www.sourcesbc.ca/our-services/	604-531-6226
BC Neuropsychiatry Program (Vancouver Coastal Health)	http://www.bcnp.ca/	604-822-9758
Cares Counselling Society	https://cares.ca/	604-853-8916
Chuck Jung Associates Psychological and Counselling Services	https://www.chuckjung.com/	
Disability Alliance of BC	http://disabilityalliancebc.org/programs/	1-800-663-1278
InfoChilliwack	http://infochilliwack.com/#/search	
Planned Lifetime Advocacy Network (PLAN)	www.plan.ca	778-819-1726
Stroke Recovery Association of BC	http://strokerecoverybc.ca	604-688-3603
The HOMES Society	https://homesociety.com/	
Pain BC	https://painbc.ca/about	1-844-430-0818
University of Victoria's Institute on Aging & Lifelong Health		1-866-902-3767
BounceBack	https://bouncebackbc.ca/what-is-bounceback/	
Lookout Society	https://lookoutsociety.ca/mdabc/support-groups/	
Alzheimer Society of BC	https://alzheimer.ca/bc/en/help-support/programs-services/support-groups	
Depression and Bipolar Support Alliance	https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/	
AfterStroke	https://www.afterstroke.ca/find-support/support-groups/	
British Columbia Society for Male Survivors of Sexual Abuse (BCSMSSA)	https://bc-malesurvivors.com	604-682-6482

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Hospice

Hospice care focuses on the care, comfort, and quality of life of a person with a serious illness who is approaching the end of life.

Abbotsford Hospice Society & Holmberg House	http://abbotsfordhospice.org	604-852-2456
Cascade Hospice (Home)		604-795-6088
Chilliwack Hospice Society	http://www.chilliwackhospice.org	604-795-4660
Langley Hospice Society	http://langleyhospice.com	604-530-1115
Mission Hospice Society	http://www.missionhospice.bc.ca/home	604-826-2235



Education and Training

Contact schools directly to see what kind of support is offered for students with disabilities.

BC Adult Basic Education (ABE) and Adult Basic Education University Preparation Abbotsford Chilliwack Hope	https://www.ufv.ca/calendar/current/ProgramsR-Z/UUP_ABE.htm	604-854-4578 604-795-2807 604-869-9991
Fraser Valley Brain Injury Association Guide for Employers	https://www.fvbia.org/employment-after-acquired-brain-injury/	604-557-1913
Private Training Institutions Branch	https://www.privatetraininginstitutions.gov.bc.ca/	1-800-661-7441
Student Aid BC	https://studentaidbc.ca	1-800-561-1818
ACCESS- Training and Employment for Indigenous People	https://accessfutures.com	604 251 7955
University of the Fraser Valley Abbotsford Chilliwack Accessibility Services Adult Education	https://www.ufv.ca/accessibility/	1-888-504-7441 604-792-0025 604-504-7441 604-864-4621

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Epilepsy

Epilepsy is a common condition that causes repeated seizures. The seizures are caused by bursts of electrical activity in the brain that are not normal. Seizures may cause problems with muscle control, movement, speech, vision, or awareness.

Epilepsy may develop even without any risk factors. Sometimes, a cause can't always be identified, especially in many forms of childhood epilepsy. For some people, epilepsy can result from a tumour, infection, or damage to the brain.

Children and older adults are most likely to develop epilepsy, but it can start at any age. It is possible that epilepsy may run in families. But you do not have to have a family history to develop epilepsy.

Epileptic seizures occur when abnormal bursts of electricity in the brain briefly upset normal brain function. It's not always clear what triggers the bursts of abnormal electrical activity. Conditions that can cause seizures include:

- Head injury.
- Stroke or conditions that affect the blood vessels (vascular system) in the brain.
- Hardening of the arteries (atherosclerosis) in the brain.
- Brain tumour.
- Brain infection, such as meningitis or encephalitis.
- Alzheimer's disease.
- Substance use disorder or withdrawal.

Tumors, scar tissue from injury or disease, or abnormal brain development may damage a specific area of the brain and cause partial seizures. But you may not have any of these conditions and still develop epilepsy.

More Information: <https://www.healthlinkbc.ca/illnesses-conditions/epilepsy/epilepsy>

BC Epilepsy Society	http://www.bcepilepsy.com/	604-875-6704
Centre for Epilepsy & Seizure Education in BC	http://www.esebc.ca/	604-853-7399
Canadian Epilepsy Alliance	https://www.canadianepilepsyalliance.org	1-866-374-5377
Vancouver Coastal Health Epilepsy Programs	https://www.vch.ca/en/service/epilepsy-programs	604-875-4402

Equipment and Adaptive Technology

Assistive Technology British Columbia	http://www.at-bc.ca/	604-264-8295
BC Centre for Ability	https://www.bc-cfa.org	604-451-5511
CanAssist	https://www.canassist.ca/	250-721-7300
Chilliwack & District Senior Resources Society	https://www.cdsrs.ca/resources	604-793-9979
CNIB Foundation	https://cnib.ca/en/programs-and-services/tech?region=bc	1-800-563-2642
Community Brain Injury Program for Children and Youth	https://www.bc-cfa.org/programs/children-and-youth/brain-injury	604-451-5511
Disability Alliance BC	http://disabilityalliancebc.org	604-872-1278
Disability Foundation and Affiliated Societies	https://disabilityfoundation.org	604-688-6464

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Fraser Valley Brain Injury Association

GF Strong Assistive Technology Service	http://www.vch.ca/Locations-Services/result?res_id=913	604-737-6263
MEDiChair	http://www.medichair.com/	1-888-802-4857
Neil Squire Society	http://www.neilsquire.ca/	604-473-9363
North Shore Disability Resource Centre	www.nsdrc.org	604-985-5371
Pos-Abilities	https://pos-abilities.org/assistive-devices/	604-961-0117
Red Cross Health Equipment Loans Program	https://www.redcross.ca/in-your-community/british-columbia-and-yukon/health-equipment-loans	1-800-418-1111
Richmond Centre for Disability	www.rcdrichmond.org	604-232-2404
Rick Hansen Foundation	https://www.rickhansen.com/news-stories/blog/rick-hansen-accessibility-team-work	1-800-213-2131
Spinal Cord Injury BC	https://sci-bc.ca/	1-800-689-2477
Technology for Living	https://technologyforliving.org/	604-326-0175
Variety	https://www.variety.bc.ca/support/adaptive-mobility-equipment/	1-800-381-2040
Fraser Health Acquired Brain Injury Services	https://www.fraserhealth.ca/health-topics-a-to-z/brain-injury/brain-injury-services	604-514-7460
WorkBC Assistive Technology Services	https://www.workbc.ca/discover-employment-services/assistive-technology-services	
Government of Canada Seniors and Aging- Assistive Devices	https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/seniors-aging-assistive-devices.html	1-866-225-0709
Ability411	https://www.ability411.ca/about-us/contact	
OneSight (Free Prescription Glasses)	https://www.lenscrafters.ca/onesight	

Family and Caregiver Support

Brain Injury Canada Caregiver E-Courses	https://braininjurycanada.ca/en/caregiver/resources/courses/	
Canadian Center for Elder Law	https://www.bcli.org/sectors/elder-abuse/	
Caring for the Caregiver – Government of BC	https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors/caring-for-the-caregiver	
Chuck Jung Associates Virtual Caregiver Support Group	https://fvbia.org/virtual-caregivers-group/	604-874-6754
Family Caregivers of British Columbia	https://www.familycaregiversbc.ca/	1-877-520-3267
Service Canada- Caregiver Tax Credit	https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html	
Service Canada- EI Caregiving Benefits	https://www.canada.ca/en/services/benefits/ei/caregiving.html	
Service Canada- Disability Tax Credit	https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html	
Service Canada- Home Care Worker Immigration	https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/caregivers/home-care-worker-immigration-pilots.html	

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Alzheimer Society Caregiver Support Group	https://alzheimer.ca/bc/en/help-support/programs-services/support-groups	1-800-936-6033
Depression and Bipolar Support Alliance Family/Friend Support Groups	https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/	
Lookout Society Friends/Families Support Groups	https://lookoutsociety.ca/mdabc/support-groups/	



Virtual Caregiver Support Group
for partners and parents of people who have acquired brain injuries
 Sessions will be offered virtually once a month starting in September 2023.

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

Chuck Jung Associates
 Psychological and Counselling Services
www.chuckjung.com

Sponsored by:
 Fraser Valley Brain Injury Association

Financial Support, Tax Credits, Rebates, Tax Clinics

BC Housing	https://www.bchousing.org/housing-assistance	1-800-257-7756
Canada Revenue Agency Excise Gasoline Tax Refund	https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/excise-gasoline-tax-refund.html	1-800-959-8281
Chilliwack Community Services (debt counselling, legal advocacy)	http://www.comserv.bc.ca/family-services	604-792-4267
Credit Counselling Society	https://www.nomoredebts.org/	1-888-527-8999
Canada Mortgages and Housing	http://www.cmhc-schl.gc.ca/en/index.cfm	604-731-5733
Canadian Pension Plan (CPP)	https://www.canada.ca/en/employment-social-development/programs/pension-plan.html	1-800-277-9914
Canada Revenue Agency (Individual Income Tax Enquiries)	http://www.cra-arc.gc.ca/	1-800-959-8281
Disability Alliance of BC	http://www.disabilityalliancebc.org/	604-875-0188
Disability Tax Credit	http://www.cra-arc.gc.ca/tx/ndvds/sqmnts/dsblts/dtc/menu-eng.html	
Homeowner's Grants Administration	https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/home-owner-grant	250-356-8904

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Government of Canada Income Security Programs	https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/income-security-programs	
Ministry of Social Development and Poverty Reduction Chilliwack Abbotsford Hope Mission Langley	http://www.gov.bc.ca/sdsi	604-703-6900 604-870-5811 604-869-4929 604-814-1000 604-532-3666
Planned Lifetime Advocacy Network (PLAN)	www.plan.ca	778-819-1726
Special Education Technology BC (Set BC)	http://www.setbc.org	604-261-9450
Service Canada- Caregiver Tax Credit	https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html	
Service Canada- EI Caregiving Benefits	https://www.canada.ca/en/services/benefits/ei/caregiving.html	
Service Canada- Disability Tax Credit	https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html	
Service Canada- Home Care Worker Immigration	https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/caregivers/home-care-worker-immigration-pilots.html	
Income Assistance "My Self Serve"	https://myselfserve.gov.bc.ca	1-866-866-0800
Canadian Dental Care Plan	https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html	
National Institute of Disability Management and Research	https://www.reducingpoverty.nidmar.ca (funding for physical therapy, mental health, etc.)	
Find a Free Tax Clinic	https://apps.cra-arc.gc.ca/ebci/oecv/external/prot/cli_srch_01_ld.action	
SOURCES Volunteer Services- Tax Clinic	https://www.sourcesbc.ca/our-services/volunteer-services-income-tax-clinic/	604-531-6226
BC Housing - Rental Assistance Program	www.bchousing.org	604-433-2218
ABC Life Literacy Canada- Financial Literacy	https://abcmoneymatters.ca	

Food Banks and Food Supports

Food Bank Locator Agassiz-Harrison Food Bank Archway Food Bank Friends in Need Food Bank Hope Community Services Salvation Army - Chilliwack St. Joseph's Food Bank	https://foodbanksCanada.ca/find-a-food-bank/ 7086 Cheam Ave Agassiz, BC 33914 Essendene Ave Abbotsford, BC 22726 Dewdney Trunk Rd Maple Ridge, BC 434 Wallace St Hope, BC 46746 Yale Rd Chilliwack, BC 32600 7 th Ave Mission, BC	
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Fraser Health: Free and Low-Cost Food Directory	https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory	
Don't Go Hungry- Burnaby and New West	https://dontgohungry.ca	
Right To Food	https://righttofood.ca/community-food-centres/	

Government Services

Service BC	https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/citizens-services/servicebc	1-800-663-7867
Enquire Canada	https://www.canada.ca/en.html	
Canada Revenue Agency	https://www.canada.ca/en/revenue-agency.html?utm_campaign=not-applicable&utm_medium=redirect&utm_source=cra-arc.gc.ca_redirect	
Government of Canada- Obtaining a Passport	https://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html	
Government of Canada- Public Pensions	https://www.canada.ca/en/services/benefits/publicpensions.html	
Government of BC- Vital Statistics	https://ecos.vs.gov.bc.ca	



Health Services, Associations, and Health Units

Each Health Authority has specific programs or departments for acquired brain injury services. Contact your region's health authority office for information.

HEALTH AUTHORITIES		
Provincial Health Services Authority (Vancouver)	http://www.phsa.ca/	604-675-7400
Fraser Health Authority (Lower Mainland, Surrey)	http://www.fraserhealth.ca/	1-877-935-5669
Interior Health Authority (Kelowna)	http://www.interiorhealth.ca/Pages/default.aspx	250-862-4200
Northern Health Authority (Prince George)	http://www.northernhealth.ca/	250-565-2649
Vancouver Coastal Health Authority (Vancouver)	http://www.vch.ca/	604-736-2033
Vancouver Island Health Authority (Victoria)	http://www.viha.ca/	250-370-8699

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OTHERS		
Adult and Youth Addiction Services Lower Mainland Rest of BC		604-660-9382 1-800-663-1441
BC Nurse Line - "811 Health Link"	https://www.healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services	1-866-215-4700
BC Cancer Agency (Fraser Valley Centre)	http://www.bccancer.bc.ca/default.htm	1-800-523-2885
Brain Tumor Foundation of Canada	http://www.braintumour.ca/	1-800-265-5106
Cerebral Palsy Association of BC (Vancouver)	http://bccerebralpalsy.com	1-800-663-0004
Eating Disorder Resource Centre of BC (Kelty Resource Centre)	http://keltyeatingdisorders.ca/	1-800 665-1822
Heart and Stroke Foundation of BC & Yukon	https://www.heartandstroke.ca/how-you-can-help/volunteer/join-us/british-columbia	778-372-8052
Senior Service Society of BC	https://www.seniorsservicesociety.ca	1-800-465-4911
Health Insurance BC	https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-insurance-bc	1-800-663-7100
MSP, Pharmacare, Fair Pharmacare	https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/health-care-programs-and-services/pharmacare	1-800-663-7100
Healthy Kids Program	https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/healthy-kids	1-866-866-0800
Health Link BC – Dietician Services	https://www.healthlinkbc.ca/find-care/registered-dietitians	604-732-9191
Pain BC	https://painbc.ca	1-844-430-0818
FREE A1C Testing (Shoppers Drug Mart)	https://www.shoppersdrugmart.ca/health/pharmacy-tests/a1c-blood-sugar-instore-rapid-test-near-me	
HEALTH UNITS	Health Units can provide information and regarding nutrition, speech and hearing, child development, dental, public health & other issues.	
Fraser Health Authority Head Office	http://www.fraserhealth.ca/	604-587-4600
Abbotsford Health Unit	104- 34194 Marshall Road	604-864-3400
Agassiz Health Unit	7243 Pioneer Ave, P.O. Box 104	604-793-7160
Chilliwack Health Unit	45470 Menholm Road	604-702-4900
Hope Health Unit	444 Park Street	604-860-7630
Mission Health Unit	32618 Logan Ave	604-814-5500
Langley Public Health Unit	22033 Fraser Highway	604-539-2900

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Home Care Services

Government of BC- Home Care Information	https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/home-support	
Fraser Health Home and Community Care Services	https://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care	1-855-412-2121
Nurse Next Door	www.nursenextdoor.com	604-670-0258
Right at Home Canada	www.rightathomecanada.com/fraser-valley	604-330-9909
Vancouver Coastal Health Home and Community Care	https://www.vch.ca/en/service/how-to-access-home-and-community-care-services	
Bayshore Healthcare	https://www.bayshore.ca/locations/bayshore-home-health-vancouver-lower-mainland-bc/	604-873-2545
Lisa Huppee, Just Like Family		778-244-7742
Care BC	https://www.carebc.ca	604-733-6614



Lisa Huppee

Owner / Director of Care
 Fraser Valley/ Richmond Delta /Tri-Cities /West Vancouver
 Burnaby New West/ Nanaimo/Westshore
lhuppee@justlikefamily.ca
 Direct Line: 778-486-9720
 778-244-7742 Office (Lower Mainland)
 250-888-8211 (Office Island)



Housing and Residential Services

Archway Community Services – Abbotsford	https://archway.ca/program/supportive-housing-hearthstone/	604-859-7681
BC Housing - Rental Assistance Program	www.bchousing.org	604-433-2218
BC Non-Profit Housing Association	http://bcnpha.ca/	1-800-494-8859
Communitas Supportive Care Society (Abbotsford)	http://www.communitascare.com	604-850-6608
Fraser Health Authority Acquired Brain Injury Services	https://www.fraserhealth.ca/health-topics-a-to-z/brain-injury/brain-injury-services	604-520-4175
Strive Living Society	http://striveliving.ca/	604-936-9944
Residential Tenancy Office	https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies	1-800-665-8779
Tenant Resource & Advisory Centre (TRAC)	http://tenants.bc.ca/	604-255-0546
Vancouver Resource Society	www.vrs.org	604-731-1020
Cyrus Centre	cyruscentre.com	604-859-5773
Fraser River Indigenous Society	https://www.frisociety.ca/homeless-outreach	604-458-0151

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HOMELESS OUTREACH/ PREVENTION PROVIDERS		
Salvation Army Abbotsford	https://salvationarmy.ca/you-can-bring-hope/shelter-support/	604-852-9305
Salvation Army Chilliwack	https://salvationarmy.ca/you-can-bring-hope/shelter-support/	604-792-0001
Transition Society Hope	http://cedarstrong.org	604-869-5111
Stepping Stone Langley	https://www.sscss.org	604-530-5033
Community Services Mission		604-826-3634
Fraser Health- IHART	https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---community-services/integrated-homelessness-action-response-teams	
5 & 2 Ministries	the5and2.ca	604-613-4432
Cedar Outreach Society Outreach Diversion/Prevention:	cedaroutreach.com	604-835-5225 604-309-1293
Homeless Prevention Program, Archway	archway.ca/hpp	236-380-0575
Lifeline Outreach Society	lifelineoutreach.org	604-728-7551
Poverty Reduction (MCC)	mcccanada.ca	604-851-7726
SARA for Women	saraforwomen.ca	604-855-3363
BC Housing Homeless Prevention Program	https://www.bchousing.org/housing-assistance/homelessness-services/homeless-prevention-program	
Lookout Society Community Outreach	https://lookoutsociety.ca/what-we-do/community-outreach/	
Connective Homeless Prevention Program	https://connective.ca/services/homelessness-prevention-program/	
Chimo Community Services	https://chimoservices.com/housing/homeless-prevention-program-hpp/	

Private Housing for People with Acquired Brain Injury

There may be other qualified residential facilities or family care homes in your area than the ones listed here. Please contact your local brain injury association for more information. Your local Health Authority may have housing resources as well if you qualify for services.

FRASER VALLEY		
Cheshire Home Society	http://cheshirehomes.ca/ 501- 625 5 th Ave. New Westminster	604-540-0686
Connect Langley (Connect Communities)	www.connectcommunities.ca 20445- 73A Avenue, Langley	604-534-0705
The Evergreen Hamlets at Fleetwood – H & H Total Care	https://evergreenhamlets.ca 8382- 156 th Ave Surrey	604-597-7906
PLEA Folkstone	https://www.plea.ca/adult-programs/folkstone/	604-597-7906
Graceland Gates/Ruby Willows	6587 238 th Street, Langley	604-871-0450
Hylan Home	32223 Hylan Avenue, Abbotsford	604-510-4283
L & T Rehabilitation Services	202- 2661 Kingsway, Vancouver	604-850-8122
Fraser Health Acquired Brain Injury Services	https://www.fraserhealth.ca/health-topics-a-to-z/brain-injury/brain-injury-services	604-514-7460

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Fraser Valley Brain Injury Association



connect

Life Redesign

AFTER BRAIN INJURY AND STROKE

70% of people supported move home or to a less-dependent environment. Check out our Service Evaluation. 



LANGLEY, BC * LAKE COUNTRY, BC * SAANICH PENINSULA, BC
HAMILTON, ON * OPENING SOON IN PARKSVILLE. BC

CONNECTCOMMUNITIES.CA

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KAMLOOPS		
Westsyde Care Residence	http://www.thehamletsatwestsyde.com/ 2980 Westsyde Road, Kamloops	604-439-7545
Ponderosa Community Respite Program	https://www.interiorhealth.ca/locations/ponderosa-lodge 425 Columbia Street, Kamloops	250-579-7675
KELOWNA		
Avonlea Care Centre Limited	1658 Blondeaux Crescent, Kelowna	250-762-4378
Connect Lake Country (Connect Communities)	www.connectcommunities.ca 11438 Bottom Wood Lake Road, Winfield	250-762-4378
VICTORIA		
Cridge Centre for the Family	http://cridge.org/ 1251 Santa Rosa Avenue, Victoria	250-479-5299
PRINCE GEORGE		
Prince George Brain Injured Group	http://www.pgbig.ca/	250-564-2447

Indigenous Peoples

Please note that this is not a complete list of all resources and First Nations Communities.

A:yelexw Center for Hope and Healing	https://www.seabirdisland.ca	604-796-2177
BC Housing- Indigenous Housing Resources and Funds	https://www.bchousing.org/indigenous	
Vancouver Aboriginal Transformative Justice Services	http://vatjss.com	604-251-7200
C Aboriginal Network on Disability Society (BCANDS)	www.bcands.bc.ca	250-381-7303
British Columbia Assembly of First Nations - Map	https://www.bcafn.ca/first-nations-bc/interactive-map	
Community Futures – CFDC Sto:lo	http://www.stolocf.ca/	604-858-0009
Chawsthil Integrated Health Team		604-702-4975
First Nations Health Authority	http://www.fnha.ca/	604-693-6500
Fraser Region Aboriginal Friendship Centre	https://www.facebook.com/FRAFCA/	604-595-1170
Fraser River Indigenous Centre	https://www.frisociety.ca/	604-458-0151
Kla-how-eya Aboriginal Health and Wellness Clinic	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/5/D/kla-how-eya-healing-place---surrey#.XsXOJGhKjIU	604-587-4774
Mamele' Awt Qweesome Housing Society	http://www.mqhs.ca/	604-820-3324
Metis Nation BC	https://www.mnbc.ca/	604-557-5851

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Mission Aboriginal Family Place	http://www.stolonation.bc.ca/services-and-programs/early-childhood/mafp.htm	604-820-4693
Mission Indian Friendship Centre Society	http://www.mifcs.bc.ca/programs.html	604-826-1281
Seabird Band Office	http://www.seabirdisland.ca/	604-796-2177
Sto:lo Service Agency	https://www.stolonation.bc.ca	604-847-3299
Sts'ailes (formerly Chehalis Band)	http://www.stsailes.com/	604-796-2116
Wilma's Transition House	https://www.wilmastransitionsociety.org	604-858-0468
Xyolhemeylh Child & Family Services After Hours Abbotsford Chilliwack Mission	https://www.fvacfss.ca/	1-800-663-9122 604-870-5888 604-858-0113 604-820-2595
ACCESS- Training and Employment for Indigenous People	https://accessfutures.com	604-251-7955
More Resources	https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/services-and-resources/indigenous-services	
Elders Transportation Program	Provides partial funding towards travel costs for Aboriginal Elders to attend the Annual BC Elders Gathering. Applications are accepted each year between January and the second Friday in June.	1-800-990-2432

Online Brain Injury, Stroke, Coma Resources

Association of Injured Motorcyclists BC	www.aimvancouver.com	
BC Brain Injury Association/ Brainstreams	www.brainstreams.ca	
Brain Games and Education	www.lumosity.com	
Brain Injury Alliance	www.braininjuryalliance.ca	
Brain Injury Association of America	www.biause.org	
BrainTrust Canada	www.braintrustcanada.com	
Bulkley Valley Brain Injury Association	www.bvbia.ca	
Central Okanagan Brain Injury Society	www.braintrustcanada.com	
Centre for Neuro Skills TBI Resource Guide	www.neuroskills.com	
Comox Valley Head Injury Society	www.cvhis.org	
Fraser Valley Brain Injury Association	www.fvbia.org	
Kamloops Brain Injury Association	www.kbia.ca	
Nanaimo Brain Injury Society	www.nbis.ca	
Northern Brain Injury Association	www.nbia.ca	
Ontario Brain Injury Association	www.obia.on.ca	
Powell River Brain Injury Society	http://braininjuriesociety.com/	

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✉ info@fvbia.org 🌐 fvbia.org

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Prince George Brain Injured Group Society	www.pgbig.ca	
South Okanagan Similkameen BI Society	www.sosbis.com	
Stroke Recovery Canada	www.strokerecoverycanada.com	
Stroke Recovery Association of BC	www.strokerecoverybc.ca	
Perspective Network	www.tbi.org	
Traumatic Brain Injury Resource Centre	www.braininjuryresources.org	
Victoria Brain Injury Society	www.vbis.ca	
Waiting While Someone is in a Coma	www.waiting.com	
Heart and Stroke Foundation of Canada	https://www.heartandstroke.ca	
Provincial Health Authority- Stroke Services BC	https://www.phsa.ca/our-services/programs-services/stroke-services-bc	
Fraser Health- ABIS	https://www.fraserhealth.ca/health-topics-a-to-z/brain-injury/brain-injury-services	604-514-7460
AfterStroke	https://www.afterstroke.ca	
Strive Living	https://striveliving.ca	
Stroke Engine	https://strokengine.ca/en/	
American Stroke Association- Intimacy	https://www.stroke.org/en/about-stroke/effects-of-stroke/emotional-effects/intimacy-after-stroke	
Fraser Health Inpatient Stroke Rehabilitation	https://www.fraserhealth.ca/Service-Directory/Services/Rehabilitation-Services/Inpatient-Rehabilitation/Stroke-Inpatient-Rehabilitation-Unit	
VGH Stroke Program	https://www.vch.ca/en/patients-and-visitors/patient-guides/patient-guide-stroke/learn-about-rehabilitation-post-stroke	
Brain Injury Coma Help for Families	https://braininjuryhelp.com/brain-injury-coma-help-families/	
Tips for the ICU	https://www.brainline.org/article/tips-icu	
In the Hospital- Brain Injury Canada	https://braininjurycanada.ca/en/caregiver/hospital/	

Job Skills and Training

ACCESS- Training and Employment for Indigenous People	https://accessfutures.com	604-251-7955
Archway Community Services	https://archway.ca/programs/#employment	604-859-7681
BC Co-Op Employment Program	https://www2.gov.bc.ca/gov/content/careers-myhr/job-seekers/internship-co-op-opportunities/co-op	
Bowman Employment Services	http://www.getyouthworking.ca/ https://www.bowmanemployment.com/canada-bc-job-grant	604-534-0440
Options Community Services WEE-R (Employment Readiness for Women)	https://www.options.bc.ca/program/womens-empowerment-employment-readiness-wee-r	604-852-2549
Buxton Consulting Abbotsford Mission	https://www.buxtonconsulting.org	604-504-5419 604-755-3388 604-814-0732

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Fraser Valley Brain Injury Association

Chilliwack Community Services	https://www.comserv.bc.ca	604-792-4267
Chilliwack Employment Services (CES)	http://www.cesbc.com/links.html	604-702-4664
Chilliwack Resource Centre	http://www.chilliwack.com/main/page.cfm?id=1387	604-702-9595
Chilliwack Society for Community Living	http://cscl.org	604-792-7726
Community Employment Services Agassiz	https://411.ca/business/profile/6380679	604-796-0266
Community Futures – Fraser Valley Self Employment Program Abbotsford Chilliwack South Fraser	http://www.communityfutures.ca/	604-864-5770 604-793-4334 1-877-827-8249
Community Living BC (Abbotsford)	https://www.communitylivingbc.ca	604-532-4900
Douglas College Foundations Workplace Skills Abbotsford Chilliwack	https://www.douglascollege.ca/programs-courses/training-group	604-852-5520 604-793-9050
Dr. Gur Singh Education and Training Endowment Fund Brain Injury Alliance	https://www.drqursinghgrants.ca/	
Employment Standards Information Line	https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards/contact-us	1-833-236-3700
Free Rein Associates Ltd	http://freereinassociates.ca/	604-869-2279
Employment & Support Services Cooperative – Fraserside CSS	https://fraserside.bc.ca/community-living/fraser-works-co-op/	604-522-3722
Langley Association for Community Living	http://langleyacl.com/	604-534-8611
Ministry of Social Development Information Line		1-866-866-0800
Mission Association for Community Living	http://missionacl.org/	604-826-9080
MSA Society for Community Living (Abbotsford)	http://msasociety.com/	604-852-6800
Neil Squire Society Employment Program for Persons with Disabilities	http://www.neilsquire.ca/	604-473-9363
National Institute of Disability Management and Research	https://www.reducingpoverty.nidmar.ca (funding for physical therapy, mental health, etc.)	
Open Door Group (Open Door Social Services Society)	www.opendoorgroup.org	604-876-0773
Raincoast Community Rehabilitation Services	www.raincoastrehab.ca	604-444-3770
Service Canada Centre Abbotsford Chilliwack	http://www.servicecanada.gc.ca/eng/home.shtml	604-854-5852 604-792-1371

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Service Canada Centres for Youth (SCCY)	www.youth.gc.ca	
Student Services at Thompson Rivers University (Open University)	http://www.tru.ca/distance/services.html	1-800-663-9711
Triangle Community Resources Chilliwack Langley Mission RITE for Men WRITE for Women Aboriginal Outreach	http://www.triangleresources.com/	604-792-8000 604-539-9850 604-814-0052 604-859-0033 604-854-1500 604-792-8000
Vancouver Coastal Open Door Group	http://opendoorgroup.org/	1-866-377-3670
WCG International HR Solutions	http://www.wcgservices.com/	1-888-562-9283
WorkBC	https://www.workbc.ca/	1-877-952-6914
Areer and Academic Prep (Kwantlen College – Langley)	https://www.kpu.ca/find-your-program?faculty%5B2044%5D=2044	604-599-3215
Workers' Compensation Appeal Tribunal (WCAT)	http://www.wcat.bc.ca/	1-800-663-2782
WorkSafe BC Claims/Information Emergency Line	http://www.worksafebc.com/	1-888-967-5377 1-866-922-4357
Workers' Advisors Office	https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety	1-800-663-4261
Vocational Rehabilitation Program Vancouver Coastal Health	https://www.vch.ca/en/service/vocational-rehabilitation-services	604-737-6291
Youth Employment Resources (15-30yrs) Abbotsford Langley	https://www.abbyyouth.com/resources/referral-guide/employment-services-training	604-859-9454 604-534-8874

Legal

Chilliwack Community Services Legal Services	http://www.comserv.bc.ca/	604-792-4267 604-793-7243
Clicklaw- Family Justice Centre	https://www.clicklaw.bc.ca/helpmap/service/1019	
Disability Law Clinic – DABC	https://disabilityalliancebc.org/program/disability-law-clinic/	236-427-1108
Nidus Personal Planning Resource Centre & Registry Representation Agreement Resource Centre (Vancouver)	http://www.nidus.ca/	604-408-7414
Legal Aid Services	https://legalaid.bc.ca	
UBC Law Students' Legal Advice Program	http://www.lslap.bc.ca/	604-822-5791
Transunion Canada	http://www.transunion.ca/	1-800-663-9980

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ICBC- Paying Fines, Tickets, Disputing a Ticket	https://www.icbc.com/driver-licensing/tickets	
LAW FIRMS EXPERIENCED IN Acquired Brain Injury	<i>The following is not an exhaustive list of law firms with expertise in brain injury. Inclusion in this package is not an endorsement of services provided by listings or advertisers.</i>	
Baker Newby LLP Abbotsford Chilliwack	www.bakernewby.com	604 852-3646 604-792-1376
Brain and Injury Law – Collette Parsons Corrin LLP	https://braininjurylaw.ca/	604-662-7777
CBM Law, LLP	https://cbmlawyers.com	604-533-3821
David H. Doig & Associates	http://daviddoig.com/	604-687-8874
Murphy Battista LLP	www.murphybattista.com	1-888-683-9621
Paine Edmonds, LLP Lawyers	http://www.pelawyers.com/	604-683-1211
Patten Thornton, Barristers & Solicitors	http://pattenthornton.com/	604-795-9188
RDM Lawyers	https://rdmlawyers.com/	604-855-2121
Simpson Thomas Associates	https://simpsonthomas.com/	604-689-8888
Slater Vecchio, LLP	http://www.slatervechio.com/	604-682-5111
Waterstone Law Corp	www.waterstonelaw.com	604-824-7777
Zak & Decker Law	https://www.zakandeckerlaw.com/	250-372-1221

Mental Health Services

Available 24 hours a day. 310-Mental Health: Call 310-6789 (no area code needed) toll-free anywhere in B.C. to access emotional support, information and resources specific to mental health and substance use issues.

BC Mental Health and Substance Use Services	http://www.bcmhsus.ca/	
Canadian Mental Health Association – BC	http://www.cmha.bc.ca/	604-688-3234
Child & Youth Mental Health	https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health	
Mental Health Centres Abbotsford Agassiz Chilliwack Creative Society Hope Langley Mission	https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health-centres/mental-health-centres#.Xs3Fu2hKjIU	604-870-7800 604-793-7160 604-702-4860 604-850-1168 604-860-7733 604-814-5600 604-514-7940
Mental Health Info Line		1-800-661-2121
Police Non-Emergency Boston Bar Hope Chilliwack Abbotsford Mission		604-867-9333 604-869-7750 604-792-4611 604-859-5225 604-826-7161

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Langley City Langley Township		604-532-3200 604-532-3200
First Nations Health Authority	https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports	
Hope for Wellness	https://www.hopeforwellness.ca	1-855-242-3310
Thrive- Mental Health Outreach	https://www.thrivevictoria.org/family-services/mhot/	250-383-4821
Mental Health ACT Team	https://www.fraserhealth.ca/Service-Directory/Locations/Surrey/surrey-mental-health-outreach-program	604-592-2700
Here to Help	https://www.heretohelp.bc.ca	
CRCL- Wellness Checks/ Mental Health Outreach	https://crcl.ca	
Alzheimer Society Caregiver Support Group	https://alzheimer.ca/bc/en/help-support/programs-services/support-groups	1-800-936-6033
Depression and Bipolar Support Alliance Family/Friend Support Groups	https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/	
Lookout Society Friends/Families Support Groups	https://lookoutsociety.ca/mdabc/support-groups/	
Stand up for Mental Health	www.standupformentalhealth.com	604-205-9242

Multicultural Services

Archway Community Services	https://archway.ca/programs/#newcomers	604-859-7681
Affiliation of Multicultural Societies and Service Agencies of BC	www.amssa.org	604-718-2780
Chilliwack Community Services	www.comserv.bc.ca	604-792-4267
DIVERSEcity Community Resources Society (DCRS)	www.dcrs.ca	604-597-0205
Immigrant Services Society of BC (ISS)	www.issbc.org	604-684-2561
Indo Canadian Seniors' Society	http://indocanadianseniorssociety.com/	604-591-1795
Langley Community Services Society	www.lcss.ca	604-534-7921
Mission Community Services Society (MCSS)	www.missioncommunityservices.com	604-826-3634
Multicultural Helping House Society	http://helpinghouse.org/	604-359-1809
Multi-Lingual Orientation Service Association for Immigrant Communities (MOSAIC)	www.mosaicbc.com	604-254-9626
OPTIONS: Surrey Community Services Society	www.options.bc.ca	604-596-4321
Pacific Immigrant Resources Society (PIRS)	www.pirs.bc.ca	604-298-5888

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Progressive Intercultural Community Services Society (PICS)	www.pics.bc.ca	604-596-7722
SUCCESS	www.successbc.ca	604-684-1628
Vancouver Multicultural Society	https://vlmfss.ca	604-731-4648
Psychosis Self-Check Quiz	https://foundrybc.ca/quiz/psychosis/	
British Columbia Society for Male Survivors of Sexual Abuse (BCSMSSA)	https://bc-malesurvivors.com	604-682-6482

Recreation and Leisure

Please contact the recreation/leisure centre in your area for information regarding how to qualify for discount prices based on income or disability, or for adapted programs.

ABBOTSFORD		
Abbotsford Recreation Centre	https://www.abbotsford.ca/city-hall/contact-us/abbotsford-recreation-centre	604-853-4221
Matsqui Recreation Centre	https://www.abbotsford.ca/city-hall/contact-us/matsqui-recreation-centre	604-855-0500
Taoist Tai Chi Society	www.taoist.org	604-795-4040
Fraser Valley Brain Injury Association Community Leisure Program	www.fvbia.org	604-557-1913
ALDERGROVE/ LANGLEY		
Aldergrove Kinsmen Community Centre	https://www.disabilityresources.ca/british-columbia/langley-township/aldergrove-kinsmen-community-centre	604-856-2899
Encompass Services Society	http://www.encompass-supports.com/	604-857-4662
Al Anderson Memorial Pool	https://www.langleycity.ca/contact-us/al-anderson-memorial-pool	604-514-2860
City of Langley- Seniors Action Plan	https://www.tol.ca/en/the-township/seniors.aspx	604-514-2940
Equilibria Therapeutics	https://www.equibriatherapeutics.com/	778-241-5256
Langley Senior Resources Society	https://lsrs.ca/	604-530-3020
Pacific Riding for Developing Abilities (PRDA)	http://www.prda.ca/	604-530-8717
Taoist Tai Chi Society, Surrey/Langley	www.taoist.org	604-507-0700
Valley Therapeutic Equestrian Association	http://vtea.ca/index.htm	604-857-1267
Walnut Grove Community Centre	https://www.tol.ca/en/parks-recreation/walnut-grove-community-centre.aspx	604-882-0408
W.C. Blair Recreation Centre	https://www.tol.ca/en/parks-recreation/wc-blair-recreation-centre.aspx	604-533-6170
Fraser Valley Brain Injury Association Community Leisure Program	www.fvbia.org	604-557-1913

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CHILLIWACK/ HOPE		
Cheam Leisure Centre (YMCA)	https://www.gv.ymca.ca/cheam-leisure-centre	604-824-0231
Chilliwack Family YMCA	https://www.gv.ymca.ca/bob-chan-kent-family-ymca-schedules-and-booking	604-793-7946
Royal Canadian Legion Branch #280		604-858-3600
Fraser Valley Brain Injury Association Community Leisure Program	www.fvbia.org	604-557-1913
Hope Recreation Centre	https://www.fvrd.ca/EN/main/parks-recreation/recreation/hope-recreation-centre.html	604-869-2304
MISSION		
Mission Leisure Centre	https://www.mission.ca/contact/mission-leisure-centre	604-820-5350
OTHER		
Strive Living Society	http://striveliving.ca/adults-services/community-leisure-program/	604-936-9944
BC Mobility Opportunities Society (Disability Foundation)	www.disabilityfoundation.org	604-688-6464
BC Wheelchair Sports Association (Vancouver)	http://bcwheelchairsports.com/	604-333-3520
Disabled Sailing Association of BC	www.disabledsailingbc.org	604-688-6464
Disabled Skiers Association of BC (DSABC) (Richmond)	https://www.bcadaptive.com/	604-333-3630
Friday Frappe Frenzy (B.R.A.I.N.)		604-540-9234
Gardening DIGA (Disabled Independent Gardeners Association)	https://digabc.org	604-688-6464
Jewish Community Centre of Greater Vancouver	https://www.iccgv.com/	604-257-5111
Kickstart (Disability Arts & Culture), Burnaby	www.kickstart-arts.ca	604-292-1296
Stan Stronge Pool (Out of George Pearson Centre)	http://vancouver.ca/parks-recreation-culture/adapted-swimming-at-stan-stronge-pool.aspx	604-321-3231
Stand up for Mental Health	www.standupformentalhealth.com	604-205-9242
Surrey Parks, Recreation & Culture	http://surrey.ca/3464.aspx	604-502-6321
Accessibility		604-502-6353
Taoist Tai Chi Society, Vancouver	www.taoist.org	604-681-6609
Vancouver Adapted Music Society (VAMS)	http://vams.org/	604-688-6464
Vancouver Adapted Snow Sports (VASS)	http://www.vass.ca/	604-646-8277
Vancouver Parks Board Adapted Programs (Access Services)	http://vancouver.ca/parks-recreation-culture/adapted-and-integrated-programs.aspx	604-257-8500

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Rehabilitation Services

After a brain injury, every person's needs and abilities are different. Many people will have a rehabilitation program programmed specifically for them. Rehabilitation programs often will involve many types of healthcare providers such as:

Counsellors: Counsellors help you solve problems and develop problem-solving skills by helping you clarify issues and explore your options.

Family Doctors: Family doctors are experts in diagnosing and treating the whole person. They care for patients in the office, the hospital, other health care facilities or the patient's home.

Kinesiologist: A kinesiologist can help you find the best way to move your body, strengthen muscles, improve range of motion, reduce pain, and prevent further injuries.

Occupational Therapists: An occupational therapist focuses on improving the individual's ability to perform activities of daily living

Physical Therapists: Physical therapy focuses on improving the individual's ability to move their body

Physiotherapists: Physiotherapists use evidence informed knowledge of anatomy, kinesiology and physiology to assess, treat, and manage pain, injuries, movement dysfunctions and chronic conditions.

Psychologists: Psychologists study and help treat cognitive, emotional, and social processes and behaviours. They seek to understand and explain thoughts, emotions, feelings, and behaviour.

Social Workers: Social Workers make assessments and develop intervention plans to connect clients to resources; provide counselling and support services; mediate conflict; advocate for services; and strengthen clients' capacity to successfully manage their problems.

Speech and Language Therapists: Speech and language therapists help individuals that may need help with pronouncing speech sounds, understanding and using spoken language, speaking smoothly and easily, reading and writing, eating, feeding, and swallowing.

Rehabilitation: Find a Healthcare Provider

Counsellors:

Registered Clinical Counsellors: <https://bc-counsellors.org/counsellors/>

Canadian Certified Counsellors: <https://www.ccpa-accp.ca/find-a-canadian-certified-counsellor/>

Professional Counsellors: <https://www.cpcarpc.ca/counsellor-directory.aspx>

Family Doctors: <https://www.findadoctorbc.ca/>

Kinesiologists: <https://bcak.bc.ca/find-a-kinesiologist/>

Occupational Therapists: <https://caot.ca/site/findot>

Physical Therapists: <https://bcphysio.org/find-a-physio>

Physiotherapists: <https://bcphysio.org/find-a-physio>

Psychologists: <https://referral.psychologists.bc.ca>

Social Workers: <http://findasocialworker.ca/BC/en/default.asp>

Speech and Language Therapists: <https://speechandhearingbc.ca/#professional-map>



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Please note: Inclusion in this Information and Resource Manual does not imply an endorsement by the Fraser Valley Brain Injury Association nor does it guarantee eligibility for services. This list does not include every rehabilitation company or every type of service they offer. Each organization has its own criteria for providing services and may provide services for a fee.

GENERAL		
Acquired Brain Injury Program (VGH)	https://www.vch.ca/en/location/gf-strong-rehabilitation-centre	604-737-6335
Abilities Neurological Rehabilitation Abbotsford Chilliwack Coquitlam Langley Surrey	https://abilitiesrehabilitation.com	778-880-0944 604-846-8240 604-540-0078 604-371-0767 778-574-2747
Back in Motion (Richmond)	www.backinmotion.com	604-273-7600
BC Rehab Foundation (Non-profit located at GF Strong)	www.bcrehab.com	604-737-6383
Brain Injury and Concussion Services (FH)	https://www.fraserhealth.ca/Service-Directory/Services/Clinics/acquired-brain-injury-services	604-514-7460
Cridge Centre for the Family	https://cridge.org/brain-injury-services/	250-384-8058
Infinity Health	http://infinityhealth.ca/	778-858-8440
Lifemark (Vancouver)	http://www.lifemark.ca/	604-687-5911
Parley Services	www.parleyservices.com	778-331-0964
Raincoast Community Rehabilitation Services	www.raincoastrehab.ca	604-444-3770
Spectrum Society for Community Living –Brain Injury Program	www.spectrumsociety.org	604-323-1433
Symmetry Injury Rehabilitation	http://www.symmetryrehab.ca/	604-751-0280
OCCUPATIONAL THERAPY		
Back in Motion Health	https://backinmotionhealth.com/	1-866-205-9000
British Columbia Society of Occupational Therapists	https://caot.ca/site/membership/chapters/caot-bc?nav=sidebar&banner=2	604-736-5645
CBI Health	https://www.cbihealth.ca/locations/fraser-valley	604-852-5655
Community Therapists	https://www.communitytherapists.com/	1-800-591-9477
Infinity Health	https://infinityhealth.ca/	778-278-1179
OTWorks	https://www.ot-works.com/	604-698-1066
Turning Point Rehabilitation	http://turningpointrehab.com	604-536- 5728
SPEECH AND LANGUAGE		
Advantage Speech and Language	http://www.advantageslp.com/	604-370-2757
BC Association of Speech Language Pathologists	http://www.bcaslpa.ca/	604-420-2222
Columbia Speech and Language Services Inc.	https://www.columbiaspeech.com/	604-875-9100
AfterStokeBC Admin Office National Stroke Line	www.strokerecoverybc.ca	604-688-3603 1-888-540-6666

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PHYSIOTHERAPY		
CBI Health	https://www.cbihealth.ca/services/physiotherapy	604-852-5655
Abbotsford Sports & Orthopaedic Physiotherapy	http://www.abbyphysio.com/	604-855-5157
Glenn Mountain Orthopaedic & Sports Physiotherapy Rehabilitation Centre	http://www.glenmountainphysiotherapy.com/	604-557-0198
McCallum Physiotherapy Clinic	https://mccallumphysio.ca	604-853-3443
OASIS (Orthopaedic & Sports Injury Services)	https://sportmedbc.com/clinic/oasis-physiotherapy/	604-855-0155
Pro Motion Physiotherapy & Sports Injury Clinic	http://www.promotionphysio.com/	604-855-0155
Aldergrove Physiotherapy & Rehabilitation Clinic	https://www.aldergrovephysio.com	604-607-1414
Intuitive Independence Rehabilitation Services of Chilliwack	www.intuitiverehab.ca	604-799-1834
Infinity Health	http://infinityhealth.ca/	778-858-8440
JR Rehab Services	http://www.jrrehab.ca/	604-254-0444
Langley Physiotherapy Clinic	http://www.langleyphysiotherapy.com/	604-530-6511
Cedar Valley Physiotherapy & Pain Clinic	http://www.cedarvalleyphysio.com/	604-814-3336
OTHER REHABILITATION		
Abbotsford ACM Care Centre	http://www.acmcare.com/ For Pain & Stress Control, Anxiety & Depression	604-850-1088
Canadian Art Therapy Association (CATA)	www.canadianarttherapy.org	
Cedar Valley Physiotherapy & Pain Clinic	http://www.cedarvalleyphysio.com/	604-814-3336
Mission Acupuncture Clinic	https://missionacupuncture.ca/	604-820-8243
Abbotsford Chiropractic Center	http://www.abbotsfordchiropractic.ca/	604-852-5133
Orion Health Rehabilitation & Assessment Centres	https://www.orionhealth.net/programs-and-services/	
Sumas Mountain Chiropractic & Acupuncture	https://www.sumassportandspine.com	604-852-3930

Seniors Services

Archway Community Services – Seniors	https://archway.ca/programs/#seniors	604-870-3772
Abbotsford Peer Support for Seniors	http://www.abbotsfordpeersupportforseniors.ca/	604-850-0011
Abbotsford Seniors Association	https://abbysocial.com	604-853-4014
Ability411	https://www.ability411.ca/about-us/contact	
Aldergrove Veterans and Seniors Society		604-856-3271

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BC Association of Community Response Networks	https://bccrns.ca/resources/crn-directory	
Bus Passes for Seniors	http://www.sd.gov.bc.ca/programs/bus-pass.html	1-866-866-0800
Chilliwack Landing Leisure Centre	http://www.myreccentre.com/index.php/locations/chilliwack-landing-leisure-centre	604-793-7946
Chilliwack Community Services	https://www.chilliwack.com/main/page.cfm?id=46	604-792-4267
Chilliwack Elder College	www.chilliwackeldercollege.ca	604-702-2611
Chilliwack Senior Services	http://www.chilliwack.com/main/page.cfm?id=131	604-793-2904
Chilliwack & District Seniors Resources Society	http://www.cdsrs.ca	604-793-9979
Chilliwack Quilters' Guild	http://www.chilliwackquiltersguild.com/	
Chilliwack Seniors Peer Counselling		604-793-7204
Driving Miss Daisy Seniors Services	http://www.drivingmissdaisy.ca	1-877-613-2479
Friendship House Society (Abbotsford)		604-853-9716
Health and Seniors Information Line		1-800-465-4911
Indo Canadian Seniors Society	http://indocanadianseniorsociety.com/	604-591-1795
Mission Seniors Connection	https://missioncommunityservices.com/programs/seniors/	604-826-3634
Mount Cheam Lions Club Lunch Program		604-792-3810
Old Age Pensioner Organization (OAPO)		604-858-6770
Old Age Security & Canada Pension Plan	https://www.canada.ca/en/services/benefits/publicpensions/cp/p/old-age-security.html	1-800-277-9914
Seniors First BC Seniors Help and Information Line	http://seniorsfirstbc.ca/	604-668-1927
SAFER (Shelter Aid for Elderly Renters)	https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER	1-800-257-7756
Seniors' Supplement	http://www.eia.gov.bc.ca/publicat/VOL1/Part3/3-3.htm	1-877-815-2363
OneSight (Free Prescription Glasses)	https://www.lenscrafters.ca/onesight	
Elders Transportation Program	Provides partial funding towards travel costs for Aboriginal Elders to attend the Annual BC Elders Gathering. Applications are accepted each year between January and the second Friday in June.	1-800-990-2432
The Bus Pass Program	Offers a universal bus pass for low-income seniors and persons with disabilities, providing unlimited access on any scheduled BC Transit bus. Cost is \$45 per year, expiring on December 31.	1-866-866-0800
Seniors' Vehicle Insurance Discounts	Offers 25% off the basic Autoplan insurance premium if a person is 65 or over, the principal operator of the vehicle is also 65 or over, and the vehicle is driven for pleasure only. Individuals who are 65 or over and have a disability, may be eligible for a further 25% disability discount off of the basic Autoplan insurance.	1-800-663-3051
FREE A1C Testing (Shoppers Drug Mart)	https://www.shoppersdrugmart.ca/health/pharmacy-tests/a1c-blood-sugar-instore-rapid-test-near-me	

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Sexual Health

Options for Sexual Health, Vancouver	www.optionsforsexualhealth.org	604-731-4252
Sexual Health Services at GF Strong Rehabilitation Centre	www.gfstrong.vch.ca	604-737-6233
The Sex Information and Education Council of Canada (SIECCAN)	www.sieccan.org	416-466-5304
Spinal Cord Network- Sexual Health	https://scisexualhealth.ca	1-800-548-2673
Smart Sex Resource	https://smartsexresource.com	
Find a STI Testing Clinic	https://smartsexresource.com/clinics-testing/	
TransCare BC	https://www.transcarebc.ca/health-wellbeing	
Ribbon Community	https://www.ribboncommunity.org	604-893-2201
Health Initiative for Men	https://checkhimout.ca	604-488-1001
Youth CO HIV & Hep C Society	https://www.youthco.org	1-855-968-8426
British Columbia Society for Male Survivors of Sexual Abuse (BCSMSSA)	https://bc-malesurvivors.com	604-682-6482

Stroke-Specific Resources

Acquired Brain Injury Program (VGH)	https://www.vch.ca/en/location/gf-strong-rehabilitation-centre	604-737-6335
Stroke Prevention Clinic (VGH)	https://www.vch.ca/en/service/stroke-prevention-clinic-tia-rapid-access-clinic	
Fraser Health Acquired Brain Injury Services	https://www.fraserhealth.ca/Service-Directory/Services/Clinics/acquired-brain-injury-services	604-514-7460
Stroke Recovery BC	http://strokerecoverybc.ca	604-688-3603
AfterStroke	https://www.afterstroke.ca/find-support/support-groups/	
HealthLink BC	https://www.healthlinkbc.ca/healthwise/stroke-rehabilitation	8-1-1
March of Dimes	https://www.marchofdimes.ca/en-ca/programs/afterstroke/	
Heart and Stroke Canada	https://www.heartandstroke.ca	1-888-473-4636
Life After Stroke, Canadian Stroke Network	https://www.canadianstrokenetwork.ca	
Delta Stroke Recovery	https://www.deltastrokerecovery.com/our-resources	604-834-9239

Thrift Stores

ABBOTSFORD		
Bibles for Mission Society		604-854-6682
Life's Second Chance Thrift Store	http://liferecovery.ca/thrift-store	604-854-5928
MCC Thrift Shops	http://thrift.mcc.org/shop	
Salvation Army Thrift Store	https://www.thriftstore.ca	604-852-9305
Value Village	http://www.valuevillage.com/find-a-thrift-store	604-850-3712

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AGASSIZ/ HOPE		
Agassiz-Harrison Community Thrift Store	https://agassiz-harrisoncs.ca/services/thrift-store/	604-796-9932
Treasures on Third	https://www.facebook.com/people/Treasures-on-Third/61567493302040/	
CHILLIWACK		
Bibles for Missions Thrift Shop		604-793-1996
MCC Thrift Store	http://thrift.mcc.org	604-792-3731
MCC Yarrow Thrift Shop	http://thrift.mcc.org	604-823-4344
The Chilliwack Lions Club Flea Market	https://lionsfleamarket.wordpress.com	604-792-3483
Thrifty Boutique (Chilliwack Hospice Society)	http://www.chilliwackhospice.org/thrifty-boutique	604-846-2226
Value Village	http://www.valuevillage.com	604-847-0667
LANGLEY		
Langley Salvation Army Thrift Store	https://www.thriftstore.ca	604-530-1321
Mission Thrift Store	https://missionthriftstore.com	604-533-3995
MISSION		
MCC Thrift & Furniture Shop	http://thrift.mcc.org	604-826-1515
Fronya Thrift Boutique (SARA For Women)	https://www.facebook.com/Fronyathriftboutique/	604-820-5071

Transportation/ Driving

The cognitive, emotional and physical changes associated with brain injury can affect a person's driving ability. Problems with attention, concentration, judgment, problem solving, decision- making and speed of information processing can all lead to unsafe driving practices.

Noise and sights may cause distraction, irritation and/or agitation. Physical changes may affect the ability to control a vehicle, and reflexes and reaction times may be slower. Poor visual/auditory and perceptual skills also have an effect on a person's ability to drive safely. When these problems occur, a comprehensive driving evaluation by a driver rehabilitation specialist can assist with determination of safe driving potential.

BC Driver Rehab Programs are best for clients who have a goal and potential to resume driving. The goal of Driver Rehab is to assist clients to resume driving, offering assessments, lessons, compensatory strategies and vehicle modification (if needed) to enable participation in Driving as an Activity of Daily Living. (FIT Consultants)

***Drive Able Programs are best for clients who have dementia, progressive cognitive conditions with memory impairments (not clients with TBI or visual and /or physical impairments). (FIT Consultants)

COMMUNITY DRIVERS		
Archway Community Services	https://archway.ca/program/medical-transportation/	604-859-7681
HandyDART Abbotsford/Mission	https://www.translink.ca/rider-guide/transit-accessibility/handydart	604-855-0080

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Chilliwack Langley/Aldergrove Surrey/White Rock Registration		604-795-5121 604-575-6600 604-575-6600 778-452-2860
Volunteer Cancer Drivers Society	https://volunteercancerdrivers.ca	604-515-5400
SOURCES Volunteer Wheels	https://www.sourcesbc.ca/our-services/volunteer-services-volunteer-wheels/	604-542-4357
TRANSPORTATION DISCOUNTS/ FUNDING		
Elders Transportation Program	Provides partial funding towards travel costs for Aboriginal Elders to attend the Annual BC Elders Gathering. Applications are accepted each year between January and the second Friday in June.	1-800-990-2432
Taxi-Saver Program	Available through BC Transit for persons registered for HandyDART. The program provides a 50% subsidy toward the cost of taxi rides. Taxi Saver coupons are sold at the local handyDART office to any permanent, registered HandyDART user.	604-855-0080
The Bus Pass Program	Offers a universal bus pass for low-income seniors and persons with disabilities, providing unlimited access on any scheduled BC Transit bus. Cost is \$45 per year, expiring on December 31.	1-866-866-0800
Emergency Transit Assistance Program (ETAP)	Allows individuals without the financial resources to access transit to attend medical appointments, job interviews and other programs that improve their lives.	604-702-9595
Travel Assistance Program	Provincial program offering travel discounts for individuals who must travel within the province for doctor-referred, non-emergency medical specialist services not available in their own community. A doctor's referral is required.	8-1-1
Seniors' Vehicle Insurance Discounts	Offers 25% off the basic Autoplan insurance premium if a person is 65 or over, the principal operator of the vehicle is also 65 or over, and the vehicle is driven for pleasure only. Individuals who are 65 or over and have a disability, may be eligible for a further 25% disability discount off of the basic Autoplan insurance.	1-800-663-3051

DRIVER REHABILITATION AND TESTING		
Access Driver Rehab Specialists	http://www.accessdriverrehab.com/	604-263-5218
CBI Health Group	https://www.cbi.ca/services/driving-assessment	1-800-463-2225
Community Therapists	https://www.communitytherapists.com/services/driver-rehab	604-681-9293
Drivefit Insight Driving	https://drivefit.ca/	1-888-475-4666
Driver Rehabilitation Program George Pearson Centre/GF Strong	http://www.vch.ca/Locations-Services/result?res_id=1277	604-322-8335
Functional Independence Therapy (FIT) Consultants		604-263-5286
Holy Family Hospital Driver Rehabilitation Program	http://www.providencehealthcare.org/hospitals-residences/holy-family-hospital	604-322-2617
JR Rehab Services	https://www.irrehab.ca/services/occupational-therapists/comprehensive-driver-evaluation/	604-254-0444

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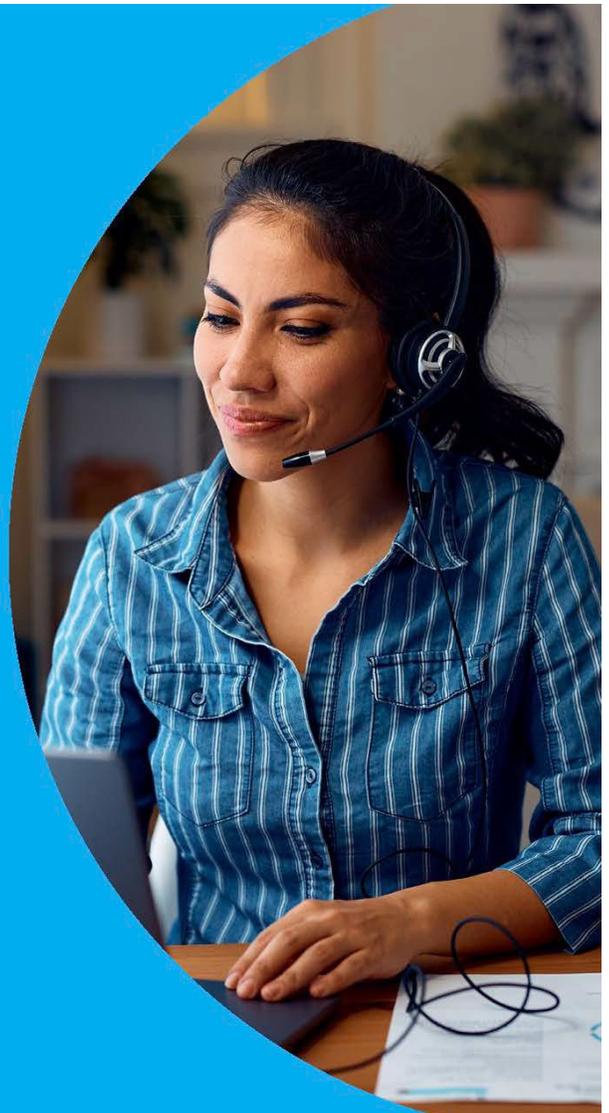
Insurance Corporation of BC (ICBC) General Inquiries Licensing Services Road Test Booking	http://www.icbc.com/Pages/default.aspx	604-661-2800 1-800-663-3051 1-800-950-1498 1-888-715-7775
Road Safety BC/Superintendent of Motor Vehicles	https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/roadsafetybc	250-387-7747
OTHER		
BC Ferries	http://www.bcferries.com/	1-888-223-3779
Northern Thunderbird Air (Vancouver)	http://www.ntair.ca/	1-866-232-9211
VIA Rail	http://www.viarail.ca Physician-approved escort travels free.	1-888-842-7245

Get the support you need

Now, ICBC Enhanced Care customers with acquired brain injuries can get connected with:

- ✓ Specialized community support
- ✓ Claim navigation assistance

Ask your recovery specialist about the **brain injury support and navigation pilot.**



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Victim Services

Chilliwack Community Services	http://www.comserv.bc.ca	604-792-4267
Correctional Services of Canada – Victim Services	http://www.csc-scc.gc.ca/victims/index-eng.shtml	1-866-806-2275
Family Services of Greater Vancouver	https://fsgv.ca/programs/victim-services/	604-731-4951
Seniors First BC	http://bcceas.ca	604-437-1940
Victim Services – Local Police Departments Abbotsford Chilliwack Langley Mission		604-864-4757 604-393-3024 604-532-3200 604-820-3504
VictimLINK (24 hrs.)	http://www.victimlinkbc.ca	1-800-563-0808
British Columbia Society for Male Survivors of Sexual Abuse (BCSMSSA)	https://bc-malesurvivors.com	604-682-6482
OTHER		
BC Association of Community Response Networks	https://bccrns.ca/resources/crn-directory	
Ministry of the Attorney General	https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/attorney-general	250-387-1866
Supporting Survivors of Abuse & Brain Injury through Research	https://soarproject.ca/	



For more resources or information, please contact us at:

info@fvbia.org

or

604-557-1913



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How To Know When You Are Stressed

- Sleep disturbances, Insomnia
- Intestinal pain
- Lack of concentration
- Resentment
- Rapid pulse
- Shallow Breathing
- Feeling that you are no longer in control
- Decrease in sex hormones
- Sore jaw, headaches
- Compromised immune system (colds, flu)
- Diarrhea
- Hardening of the arteries
- Fatigue
- Lack of appetite
- Feeling dozy or yawning
- High uric acid levels causing gout
- High blood pressure
- "Spacing out" – forgetting things



Benefits of Humour in Your Life

- Coping strategy
- Reduced tension, anxiety and stress – lower stress hormones
- Increased creativity, learning, motivation and energy
- Increased immunity – releases immunoglobulin A
- Reduced blood pressure, heart and respiration rate
- Reduced pain by releasing endorphins
- Improved creative problem solving
- Increased productivity
- Improved relationships, camaraderie

You CAN return to balance every day. Your reaction is your choice!

- Will this matter in two years?
- How else might I look at this? Is there another less stressful way I could do this?
- What is the situation teaching me? What can I learn from this?
- What would a calm person do?
- Can I actually change this situation? If not, how can I make peace with this?
- What old fear is being expressed?
- Is this a good time for a strategic pause?
- Is this something that I can avoid in the future? How?
- Am I being a perfectionist here? Is "good enough" good enough?
- What is the worst thing that can happen here?
- What unexpected good could come out of this?
- Is this reaction based in reality or is it my fear talking here?

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Tips For Stress Management

The harder you find it to spare 20 minutes a day for relaxation, the more desperately you probably need it.

The following is a list of things that we can do for self-care:

- Gather your support system – Identify the people you know you can talk to and give yourself permission to do that.
- Express your anger – It is normal and healthy to feel angry at times. Express that anger in positive ways. Remember anger can be a great motivator.
- Get political - Educate yourself on the issues that are causing you this distress. Write letters, sign petitions. Turn your anger at the injustice into something positive.
- Keep a journal or write letters – Writing down your feelings is a way of letting them go. You may want to write an angry or sad letter to someone. Your decision to send the letter is not as important as being able to express your emotions.
- Exercise – Whether it is walking, tennis, or aerobics, exercise gives a healthy release of emotions.
- Talk to a co-worker – Try to find an opportunity in each day to process with a trusted co-worker who you know will listen without judging.
- Enjoy the outdoors – Try walking outside and taking a minute to allow all your senses to work. It may help you to clear your mind and equip you to put things into perspective.
- Allow room for creativity – Creativity is not limited to art, poetry and painting. Activities such as cooking, gardening and home decorating are just a few of the many ways creativity comes into play.
- Get silly – Humour is a great way to release tension. Tap into your child self; do something unexpected like blow bubbles out the window of your car while in a traffic jam and so forth. Be creative!
- Find time for yourself - At work we are often struggling to meet the needs of others and for many of us, home can be much the same. Take some time for yourself to do the things you need to do. Scheduling some private time every day so that taking care of yourself becomes a habit. Consider taking a day- off from your regular responsibilities for no other reason than to indulge yourself.

REMEMBER - YOU DESERVE IT!

Make a list – of all the wonderful things you can do for yourself such as having a hot bath by candlelight, read poetry, lie on the grass and watch the stars, eat Italian ice cream, etc.

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Acquired Brain Injury and Nutrition

Brain Injury may change the way you relate to food. For some survivors, memory problems may affect food intake. Damage to the brain can cause an inability to feel full or hungry, causing you to eat too much or too little without realizing it. You may have a changed or absent sense of taste or smell. This often happens in the earlier stages of recovery and may disappear as time goes on. This could also be a side effect of medication. The simplest way to manage many nutritional concerns is to create a meal plan and record what you are eating.

This way, if you have problems remembering when you ate, or cannot tell when you are full, you can refer to the record you are keeping.

Canada's Food Guide to Healthy Eating

[Canada's Food Guide to Healthy Eating](#) provides basic information of good nutrition, encouraging you to enjoy a variety of foods. Canada's Food Guide to Healthy Eating identifies the four food groups and recommends the number of servings per day required by healthy Canadians. Factors such as age, weight, gender, activity and medical concerns will influence how many servings are required from each of the four groups. Serving sizes can be adjusted to meet individual needs.

Emphasize cereals, breads, other grain products, vegetables and fruit. Ensure that individual needs for energy, protein, and other nutrients are met. A nutritional assessment and follow-up by a dietician may be required. Your doctor can probably recommend a dietician for you to contact. When choosing foods, consider any problems you have with swallowing or food allergies. A speech-language pathologist can assess and treat swallowing problems; a dietician can help with food allergies.

Choose low fat dairy products, lean meat, and food prepared with little or no fat. If you are overweight, you may need to control portion sizes as well as fat content. If you are underweight or have increased energy requirements, you may need to eat higher fat foods and maintain a healthy weight. You can also achieve and maintain a healthy body weight by participating in regular physical activity. Keep in mind that you may be restricted in what you can do because of poor balance, poor vision, fatigue, or other complications resulting from your brain injury. Keep looking for something that you are physically able to do, that you enjoy, and that contributes to your therapy. Physical, recreational, or occupational therapists may provide advice on the kinds of activities most suitable for you.

Limiting salt may help control high blood pressure and fluid retention if you have these concerns. Caffeine, which is found in coffee, tea, some colas and chocolate, is a stimulant. Your ability to tolerate caffeine may be very limited, and it may be best to avoid all caffeine, especially in the initial stages of recovery. Even if the stimulating effect of caffeine is not a problem. Health Canada suggests having no more than four cups of brewed coffee (or the caffeine equivalent in other foods and beverages) per day.

Eating well is an important part of recovering from illness and maintaining good health. Follow Canada's Food Guide. If you are concerned about your nutritional needs, ask your doctor for a referral to an outpatient dietician.

[Source: Alberta Brain Injury Network: Survival Guide (2003)]



Children with Acquired Brain Injury

FVBIA has a booklet for children ages 5 to 10, "The Road Ahead: Next Exit: Hope"

It is a helpful look at how brain injury affects the whole family: <https://fvbia.org/abi-information-for-children-and-youth/>

What to Expect from Your Child:

The following changes may affect your child's behaviour after a brain injury. This is not an exhaustive list. Your child may experience many of these changes or none at all:

- Fatigue
- Irritability, angry outbursts, and impulsiveness
- Passive behaviour
- Depression
- Forgetfulness
- Poor organizational skills
- Difficulty following directions
- Immature behaviour
- Inappropriate sexual behaviour

Fatigue

Fatigue is the most common problem children experience after sustaining a brain injury. Your child may also suffer from vision problems, light sensitivity, or headaches that they did not have before the injury. To prevent fatigue, you may need to give your child rest periods in a quiet place. Remember, it is important that your child participate in school and other activities only when they have the mental and physical energy to do so.

Irritability and Angry Outbursts

Irritability and angry outbursts are also common among children learning how to deal with the stimulation of school, day care and/or playgrounds. Look at what precedes the behaviour. Do you notice a pattern? Is there something you can change, such as introducing a rest period that will help prevent or reduce the frequency of the behaviour?

Immature or Inappropriate Behaviour

Immature behaviours include interrupting frequently, making tactless remarks, displaying messy eating habits, or repeating words over and over. Inappropriate behaviours may also include making inappropriate sexual comments, or gestures or actions that are out of context.

Grief, Guilt & Depression

Many parents of young brain injury survivors experience grief, guilt, and/or depression over what has been lost. These are normal emotional responses. You need to grieve your losses and so may your child. You may feel guilt over the circumstances of the injury even if it could not reasonably have been prevented. Guilt is often expressed as anger and blame directed at others. Depression is another common response. If you or your child are finding it difficult to move through the emotions, contact your local school board, Regional Health Authority, local Child and Family Service Authority or local Brain Injury Association and ask about counselling. [Source: Alberta Brain Injury Network: Survival Guide (2003)]

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Returning to School After Brain Injury

In the case of a child with a brain injury, both the family and the child may be eager for a return to school.

There are resources available to assist with this transition:

- In the education system, most school boards provide special needs services, so your child does not necessarily have to attend a specific school. The manner in which schools provide services, however, may vary.
- Your local brain injury association can be of assistance when your child returns to school. It can provide education on brain injury to your school, consult with teachers, and provide a link to the hospital and other medical services.
- Health Professionals. The health professionals most likely to be involved with your child's return to school are psychologists, speech / language pathologists, and occupational therapists. In injury associations, health professionals, and the education system should work as a team with the family and child.

Because school is a highly stimulating environment, it will be difficult at first for your child to deal with all the noise and activity.

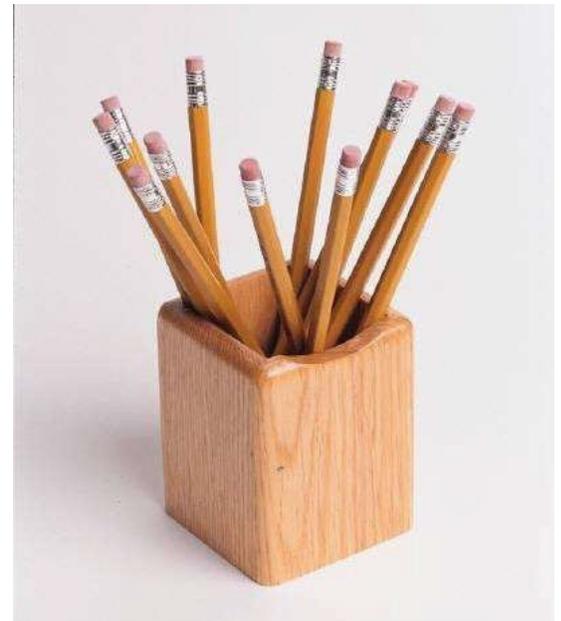
This is why many children return to school gradually.

Your child may start by attending a few hours, two or three days a week, without educational demands. As they gain energy, attendance is gradually increased and a curriculum started. Eventually, your child may be able to attend full days, five days a week.

In rural areas, transportation limitations may mean that your child is at school for longer periods than appropriate.

If fatigue in school is a problem, ask if your child can have a rest period.

[Source: Alberta Brain Injury Network: Survival Guide (2003)]





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Meeting/Appointments/Tests

Date: _____

Time: _____

Who:

Where:

What do I need to bring or do before the appointment? For example, how will I get there?

What happened/results?

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Medication Tracking List

Medication	Dosage	Medical Issue	Side Effects	Review Date(s)

Notes:

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Awareness **Strategies** Bike Helmet **Brain Injury** Youth
 Caregiver Chronic **Brain** Pain Depression Consciousness
 Circadian Rhythm Client-Centred **Compensatory Strategies**
 Concussion **Goals** Gratitude **Inclusion** Behaviour
 Determination **Rehabilitation** Motivation Evidence-
 Based **HOPE** Learning Memory Psycho-Social **FEAR**
 Mental Health **Neuroplasticity** Networking Pain Perception
 Pain Management **Positive** Sleep Research **Support** Safety
Rehabilitation Psychology **Strategies** Anxiety

Find Us:

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Toll-Free: 1-866-557-1913

Fax: 604-850-2527

Email: info@fvbia.org

Website: fvbia.org

Socials X: [@fvbi](https://twitter.com/fvbi)

Instagram: [@FraserValleyBrain](https://www.instagram.com/FraserValleyBrain)

Facebook: <https://www.facebook.com/FVBIA>

Pinterest: <https://www.pinterest.com/carolpaetkau/fraser-valley-brain-injury-association>



Fraser Valley Brain Injury Association

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Know your limit, play within it.

