



Fraser Valley Brain
Injury Association

NEWS

May / June 2026

In This Issue



**FV BIA BRAIN INJURY
AWARENESS PICNIC**



FV BIA PUB NIGHT 2026



**DEAR SPONSORS,
DONORS AND
SUPPORTERS**



**HOW TO START A
SUCCESSFUL
BUSINESS - DON LEWIS**



**RESEARCH NEWS:
BRAIN INJURY AND
HOUSING: AN
OVERLOOKED CRISIS**



**VOLUNTEER
OPPORTUNITY: FV BIA
BOARD TREASURER**



**REEL RECOVERY -
FILMS TO WATCH:
REMEMBER SUNDAY
(2013 HALLMARK 720)**



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Drop In's & Groups

These are some of FVBIA's regular programs and groups. Contact programs directly (below) for details and eligibility criteria or the FVBIA main office at 604-557-1913 or info@fvbia.org

Abbotsford Mission

Drop-In

Wed 1:00 – 3:00 p.m.
& Fri 11:00 – 2:00 p.m.
103 – 2776 Bourquin
Cres. W. Abbotsford
Contact Communitas
604-850-6608

Pay it Forward

(Walking Group, Yoga,
Community Kitchen, etc.)
Contact: 604-897-1563

Coffee & Chat

Contact: 604-897-1563

Art & Photography

Contact 604-897-1452

Chilliwack

Drop-in

Tues 10 am-1:00 pm &
Thurs 11:00 am-2:00 pm
45825 Wellington St.
(Presbyterian Church)
Contact 604-792-6266

In the Now Support Group

Contact 604-557-1913
Toll-free 1-866-557-1913

Art Groups

Contact 604-799-2044

Hope

Community Leisure Program

Wed & Fri
1:00 p.m. – 3:00 p.m.
366A Wallace St. Hope
Contact 604-869-7454

Remote Groups

Health & Wellness Group

Contact 604-557-1913

Langley

Coffee & Chat Group

Contact 604-557-1913

Artworks



Fraser Valley Services & Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected!

Contact info@fvbia.org or 604-557-1913 for more information.

In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of acquired brain injury: <https://www.fvbia.org/criteria-for-services/>.

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Mill Lake Walking Group - Abbotsford
3x/week
- Community Kitchen
- Health & Wellness (virtual) group
- Gentle yoga
- Art, jewelry, photography and craft classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Healthy Aging
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups (Abbotsford & Langley)
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI
- Corrections Liaison program (virtual)
 - 4 - week ABI & Substance use education groups for inmates

FVBIA Staff Emails

- Freddy O'Brien: info@fvbia.org
- Joy Scobie: ijoyscobie@gmail.com
- Esther Tremblay: esther.tremblay@fvbia.org
- Wendy Kodama: wendy.kodama@fvbia.org
- Taryn Reid: treid@fvbia.org
- Jasneet Singh: Jasneet.singh@fvbia.org
- Victoria O'Brien: victoria.o'brien@fvbia.org
- Francisco Rojas Stone: francisco.rojasstone@fvbia.org

Upcoming Events

Please watch for emails and check our newsletters for the following upcoming events

- **June is “Brain Injury Awareness Month”**
- **Saturday, June 20, 2026 - BRAIN INJURY AWARENESS PICNIC**
- **Saturday, October 3, 2026 - FVBIA PUB NIGHT FUNDRAISER**



June is Brain Injury Awareness Month



*Healing doesn't
mean the
damage never
existed.*

*It means the
damage no longer
controls our lives.*

YOU'RE INVITED!



BRAIN INJURY AWARENESS PICNIC



FOOD - GAMES - FUN

SATURDAY

20
JUNE

1:30 - 5:30

**MILL LAKE PARK,
BEVAN PARK ENTRANCE**

33015 BEVAN AVENUE, ABBOTSFORD, BC

**RSVP TO FVBIA OR
COMMUNITAS DROP-IN STAFF
INFO@FVBIA.ORG / 604-557-1913**

SAVE THE DATE



Fraser Valley Brain
Injury Association

Fraser Valley Brain Injury Association

PUB NIGHT FUNDRAISER

OCTOBER 3 2026

DOORS OPEN AT 5 P.M.

Jimmy Mac's Pub
19935 96th Avenue, Langley, BC

Tickets \$27
*includes Burger and
Beverage*

**Games and
Silent
Auction!**

Proceeds from this event support services for people with acquired brain injuries in the Fraser Valley.

Sponsors and donors are welcome!
Contact FVBIA at info@fvbia.org or 604-557-1913 for more information.

**PLEASE DRINK RESPONSIBLY. PLAN FOR A SAFE
RIDE HOME**



How can you support FVBIA?



Please let us know how you and your colleagues want to keep supporting FVBIA. Anything you can provide would be greatly appreciated!

Contact us at
info@fvbia.org or
call 604-557-1713

Dear FVBIA Sponsors, Donors and Supporters

In case you missed the news, we won't be doing the Brain Injury Golf Classic tournament this year for various reasons (costs, sponsorships, low registrations, etc.). We truly appreciate everyone's involvement with our tournament and would love to see that support continue in other ways.

We have some ideas!

FVBIA is looking for the following:

- **Small items for kids/youth** (candies, small toys, water toys, nature kits, airplane kits etc.) for community booths and Young at Arts Summer Camp.
- **Door prizes and silent auction items** for our Pub Night fundraiser and Christmas Tea.
- **Sponsorships** - Annual Brain Injury Awareness Picnic, Young at Arts Summer Camp, Pub Night Fundraiser, Christmas Tea
- **Food/grocery gift card** donations for programs
- **Advertising** in this newsletter - rates are on page 28. Distribution to 1400 subscribers every 2 months.

You can also:

- **Donate directly** to support programs - details on pages 30-31
- **Buy 50/50 tickets** (details to be announced)

Here are some of the activities we have coming up in 2026 that your donations and sponsorships can support!

- FVBIA is partnering with HMI Skateboard Park in Hope in June to raise awareness of brain injury and the importance of helmets.
- FVBIA has brain injury awareness booths at all kinds of community events throughout the summer and fall.
- Brain Injury Awareness Picnic on June 20th. Anyone can join us and this is a great way to meet other brain injury survivors and family members.
- Young at Arts Summer Camp for kids (ages 5 - 16) affected by brain injury (either themselves or a close family member).
- FVBIA's Pub Night on October 3, 2026 at Jimmy Macs Pub in Langley. Only \$27/ticket for a great burger and beer/drink.
- Annual Christmas Tea in December - Silent Auction/door prize donations or Table Sponsorships (subsidized ticket prices for people with brain injuries)

We have partnered with Brain Injury Canada to offer their suite of online training courses specifically designed for healthcare professionals, long-term care providers, and community service providers who work with individuals living with brain injury!



Expert Information

Learn from experts providing evidence-based education.



Informed by Lived Experience

Individuals share their story, creating an informed educational resource.



Self-paced

Complete the asynchronous course on your time, at your pace.



Certificate of Completion

All registrants will receive a certificate of completion to recognize their hard work.

Topics Include

- ✔ Introduction to Brain Injury,
- ✔ Brain Injury in Long-term Care,
- ✔ Brain Injury for Healthcare Professionals
- ✔ Trauma Informed Care
- ✔ ...and many more!



Register today with promo code FVBIA10 to save 10% on all purchases!



community therapists



Need flexibility?

Community Therapists is HIRING OTs in ABBOTSFORD & CHILLIWACK

Why Us ?

- Flexibility & Great Pay
- Excellent Mentorship
- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 36 other OTs in a dynamic interdisciplinary practice!

Please visit our website at communitytherapists.com/careers for more information or contact Laura Doig, HR Manager at careers@communitytherapists.com

www.communitytherapists.com

careers@communitytherapists.com • Career Contact: 604.566.8452

Building skills. Empowering people.

Est. 1989



Steps of Hope 2026

A Community Walk for Epilepsy Awareness

Join Us Saturday, May 2, 2026 at 10:00 am

At Mill Lake Park, Abbotsford BC

- *Featuring Pets in Purple Parade*
- *Family friendly activities, 50/50 raffle, and more!*

Or walk in your own community
anywhere in BC

How to Participate:

- ✓ Register as an individual or team
- ✓ Invite friends and family to sponsor your walk (*optional*)
- ✓ Walk with us in Abbotsford or wherever you live

Everyone is welcome! Whether you walk, fundraise, or simply come out to show support.

esebc.ca

Community Partner:

VITALUS



Friends of ESEBC:



Scan the QR code to register or
purchase a t-shirt!

Additional sponsorships also available



FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership, so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas.

In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC.

The Bullpen has expanded to include art, photography, cartoons and poetry.

Editor's Note: Thank you to everyone for their contributions! Submissions may be edited for length.

FVBIA Newsletter 2026 Submission Deadlines

For upcoming newsletters, please note these deadlines for all written and photo submissions. All submissions are subject to approval, and should be sent to info@fvbia.org.

July / August 2026 Issue

**Submit by:
June 20th**

Sept / October 2026 Issue

**Submit by:
August 20th**

*November / December
2026 Issue*

**Submit by:
October 21st**

*January/February 2027
Issue*

**Submit by:
Decemer 15th**

Written articles & stories should be **maximum 500 words**, and submitted as a document file (i.e. Word). For photos submissions, please attach as separate .jpeg or .png file, with a Resolution of at least 72ppi.

The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA. Written submission may be edited for length, grammar and punctuation. Published advertisements or articles are not necessarily an endorsement of services.

HOW TO START A SUCCESSFUL BUSINESS WHEN YOU HAVE A BRAIN INJURY

Contributor: Don Lewis

Entrepreneurs with disabilities in the Fraser Valley, including brain injury survivors and the family members supporting them, often carry real business ownership aspirations alongside daily limits other founders don't have to plan for. The core tension is simple and heavy: a strong idea can collide with fatigue, memory gaps, unpredictable symptoms, and the extra work of finding services that actually fit.

Understanding Capacity-Fit Business Planning

It helps to name the real goal: a business that fits your brain and your life. Capacity fit planning means choosing an accessible business model and setting up disability-friendly structures that match your strengths, needed accommodations, and daily limits. When traditional work is not accessible for people with disabilities, *entrepreneurship becomes an important employment option.*

Plan → Research → Build → Review

This workflow turns a big, intimidating startup idea into a small set of repeatable moves you can return to even when symptoms fluctuate. It also helps you find the right supports, funding paths, and peer connection points without relying on memory alone. Many teams lean on competitive intelligence to stay oriented, and you can adapt the same habit in an accessible way.

Stage	Action	Goal
Clarify	Pick one offer and one customer you can serve	A clear focus you can explain in one sentence
Research	Talk to two people; review three competitors	Evidence your idea fits a real need
Plan	Outline steps, pricing, and boundaries	A scope that protects energy and time
Fund	List costs; choose one funding route to pursue	A realistic budget and next money step
Market	Publish one helpful post; invite one conversation	Consistent visibility without overwhelm
Review	Check symptoms, results, and friction; adjust	A lighter plan that keeps moving



Quick Answers for Starting With Less Stress

Q: What are simple ways to organize and plan my ideas to reduce feeling overwhelmed?

A: Keep it to one page: problem, who you help, what you offer, how you get paid, and your next tiny step. Use a checklist for repetitive tasks like invoices, emails, or packing orders since structured tools can build confidence over time, similar to how confidence in procedure improved after an intervention.

Q: If I want to explore new learning options to gain skills for managing a venture on my own, where should I start?

A: First, name your biggest skill gap, like pricing, marketing, budgeting, or systems, so you do not over-study. Then pick a structured, flexible learning route you can complete in short sessions while you plan and test, such as an online degree in business. Aim for steady progress, not perfect mastery.

Take One Small Startup Step That Fits Brain Injury Life

Starting a business with a brain injury can feel like balancing hope with fatigue, paperwork, and unpredictable capacity. The steadier path is a supportive, flexible mindset: build in small increments, use structure that reduces stress, and lean on accessible business resources and ongoing business support instead of pushing alone.



FVBIA's Pay It Forward: Health & Wellness Programs

FVBIA has an active "Pay It Forward: Health and Wellness for ABI" program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury and improves their overall mental and physical well-being. This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community, etc.

FVBIA's Pay it Forward Program offers a variety of activities including art, walking groups, In the Now group, Coffee & Chat groups, Health & Wellness group, Healthy Aging etc. Things are always changing so please contact FVBIA staff directly for more information and details about locations and times. For general inquiries, contact info@fvbia.org or 604-557-1913.

Health & Wellness Virtual Group

Attend via zoom with Kinesiologist and FVBIA case manager Taryn Reid on Thursday afternoons from 2:00 - 3:00pm.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics. For more information or suggestions for topics, contact your case manager or Taryn Reid at treid@fvbia.org



Funding for the Pay it Forward program is provided by ICBC, the Brain Injury Alliance, and Soroptimist International of Abbotsford Mission. We also acknowledge the financial support of the Province of British Columbia.



Coffee & Chat Groups



Welcome

Abbotsford Coffee & Chat

Time: 10:30 - noon

Contact Joy Scobie at
604-897-1563 or
ijoyscobie@gmail.com
for more details

Fraser Valley Brain
Injury Association

Abbotsford Coffee & Chat

Join us in our spacious boardroom for coffee and a chat.

This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

Days: May 5 and 19, and June 2 and 16

Time: 10:30 a.m. until noon

Place: FVBIA Boardroom, 201 – 2890 Garden Street
Abbotsford, BC

For more info AND to confirm your attendance, please call Joy at 604-897-1563.

Please note that the "R 'n' R" ("Relax and Revive") has merged into the Abbotsford Coffee and Chat

***** FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you.**

Langley Coffee & Chat

Join us at Timms Community Centre (20399 Douglas Crescent) for Langley's Coffee and Chat!

This is a great opportunity to meet other survivors and chat.

Group members must be eligible for FVBIA services, so please contact your case manager or Taryn Reid at treid@fvbia.org for details regarding dates and times.

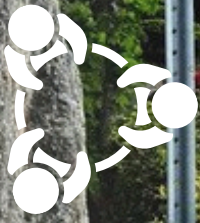


Welcome

Langley Coffee & Chat

Timms Community
Centre (20399
Douglas Crescent)
Hosted 1x/month
Contact Taryn Reid
at treid@fvbia.org
for further details
regarding group
dates and times

Fraser Valley Brain
Injury Association



Group Activities

Please note that the "R 'n' R" ("Relax and Revive") has merged into the Abbotsford Coffee and Chat

Mill Lake Walking Group

"Pay It Forward": Health & Wellness for ABI Program

Join us for a relaxing walk around beautiful Mill Lake!

DAYS: Mondays Wednesdays Fridays

2 MEETING PLACES (ABBOTSFORD):

2 P.M. - Bourquin Entrance benches

2:15 P.M. - Mill Lake Road Dock

**** FVBIA cannot guarantee 1:1 staff at activities.*

If you require 1:1 care, you must bring a support person with you.

June is Brain Injury Awareness Month



Brain injury is often called an 'invisible injury'

We stand with survivors whose strength is often unseen – and extraordinary.

Brain Injury and Housing: An Overlooked Health Crisis

Summary of UBC Study: “Brain injury and brain health among individuals living in homelessness or precarious housing - Stubbs, Jacob L.



People who are homeless or living in unstable housing face many serious health challenges. New research from the University of British Columbia highlights one that is often overlooked: brain injury.

A traumatic brain injury (TBI) happens when the head is hit, shaken, or jolted—through falls, accidents, or physical violence. These injuries can affect memory, mood, behaviour, and the ability to manage everyday life. Even a “mild” brain injury can have lasting effects. More serious injuries can change a person’s life completely.

The research found that more than half of people who are homeless or living in precarious housing have had at least one brain injury. About 1 in 5 have had a moderate or severe injury. This is far higher than in the general population.

These numbers are not just statistics—they reflect real people facing daily challenges. Brain injuries are linked to mental health concerns, physical illness, and difficulty with everyday tasks like keeping appointments, managing money, or maintaining relationships. These challenges can make it harder to find and keep stable housing.

For many, brain injury happens before they lose housing, increasing their risk of homelessness. At the same time, living without stable housing increases the risk of further injury due to unsafe conditions or violence.

This creates a cycle that is difficult to break without support. The study also used brain scans to better understand brain health. Results showed that people living in unstable housing often experience faster changes in brain structure, especially as they age. In simple terms, their brains may be aging more quickly than expected.

Certain factors—like past brain injuries, substance use, and heart health risks—can make these changes worse. Over time, people with more changes in their brain scans were more likely to have declining health, worsening memory and thinking, and a higher risk of early death.

This is more than a health issue. It is a community issue. Brain injury can affect a person’s ability to access services, follow care plans, and rebuild their life.

Ongoing monitoring is critical, especially during major developmental transitions (e.g., starting high school).

Children and youth are not simply “small adults.” Their care must account for brain development, school participation, emotional growth, and long-term monitoring.

Early identification, tailored rehabilitation, and coordinated educational support are key to optimal recovery.

Brain Injury and Housing Continued...

Children with brain injuries have unique care needs, and those needs often differ significantly from adults because children's brains are still developing.

But there is hope—and there is something we can do.

We can start by raising awareness. Many people, including service providers, may not recognize the signs of brain injury. Simple changes—like screening for brain injury in shelters, clinics, and outreach programs—can help identify those who need support.

We also need targeted programs and supports. People with brain injuries may need adapted services, clearer communication, and more time to process information.

With the right supports, recovery and stability are possible.

Most importantly, we need community action and investment.

Support organizations (like the Fraser Valley Brain Injury Association) that provide brain injury services and support;

Donate to programs that offer care, outreach, and prevention;

Advocate for policies that address both housing and brain health;

Share this information to help others understand the issue.

Every contribution—whether it's time, money, or awareness—helps break the cycle. Brain injury may be invisible, but its impact is not. By working together, we can improve lives, strengthen communities, and ensure that no one is left behind simply because their injury goes unseen.

ICBC & PERSONAL INJURY CLAIMS

CBM Lawyers
Your community law firm.™

- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
- We Cover All Costs Needed to Pursue Your Claim
- We Keep You Fully Informed Throughout Your Case
- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect For You

Langley Office	Maple Ridge Office	Aldergrove Office
#200-4769 222nd St. Langley, BC V2Z 3C1 Phone: 604-256-5954	#203- 22471 Lougheed Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432	#100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785

"WORKING WITH OUR CLIENTS FOR TODAY AND THE FUTURE SINCE 1997"

Source: Stubbs, J. L. (2023). Brain injury and brain health among individuals living in homelessness or precarious housing (T). University of British Columbia. Retrieved from

<https://open.library.ubc.ca/collections/ubctheses/24/items/1.0430327>

Rachel's Story



Watch [Rachel's story](#) after a workplace accident resulted in a traumatic brain injury and homelessness and the role Fraser Valley Brain Injury Association played in her journey.

Rachel's inspiring journey serves as a powerful testament to her remarkable strength and resilience, and it highlights the vital role that community-based brain injury organizations play in helping individuals recover and rebuild their lives.

Volunteer Opportunity

FVBIA is seeking a Board Treasurer - Volunteer Position

Company Description

The Fraser Valley Brain Injury Association (FVBIA) is a dedicated non-profit organization focused on supporting individuals and families affected by brain injuries. FVBIA provides essential resources, services, and advocacy to improve the quality of life for its clients, fostering their independence and integration within the community. Operating primarily in the Fraser Valley region of British Columbia, FVBIA collaborates with stakeholders to raise awareness and enhance accessibility for people living with brain injuries. FVBIA is committed to creating a compassionate and understanding community that empowers its members.

Role Description

The Board Treasurer is a part-time volunteer role within the Fraser Valley Brain Injury Association. Key responsibilities include overseeing the financial affairs of the organization, presenting financial statements, assisting with annual budget development, and ensuring compliance with financial and regulatory requirements. The Treasurer will collaborate with the Board of Directors to provide strategic guidance and ensure transparency in financial practices for sustaining the organization's mission.

Qualifications

- Demonstrable financial competencies, including budgeting, financial planning, and financial reporting
- Experience with financial compliance, governance, and familiarity with non-profit finance management
- Strong organizational and time management skills with attention to detail
- Excellent communication and presentation skills to effectively convey financial information to the Board
- Commitment to the mission and values of Fraser Valley Brain Injury Association
- Previous experience serving in a similar role or on a non-profit board is an asset
- Knowledge of charitable compliance requirements in British Columbia is a plus
- Lived experience with acquired brain injury (family member, survivor) would be an asset

This is a governance-level financial oversight role, not a bookkeeping position

Time Commitment:

- Approximately 2–3 hours per month
- 2-year term (renewable as per bylaws)
- Meetings are typically held virtually on the 4th Thursday of the month in the evening (no meetings in August or December)

Joining the FVBIA Board is an opportunity to make a meaningful impact in your community and help strengthen support for people living with acquired brain injuries.

If you are interested in learning more, we would welcome hearing from you. Please send an inquiry to info@fvbia.org.

FVBIA Activities & Staff Contributions



AiKiJutsu class offered by Ken Ryu Jujutsu Society for FVBIA members.

Learn more about Ken Ryu Jujutsu at:
<https://www.kenryujujutsu.com/>



Reduced Cost Counselling Program

Chuck Jung Associates

Accepting Referrals

Chuck Jung Associates is providing a Reduced Cost Counselling Program in our Vancouver office. This service is in-person and/or via Telehealth. We are aware of the significant cost of psychological counselling, which puts this service out of reach for many.

In our Reduced Cost Counselling Program, a senior doctoral student in psychology, is supervised by a senior psychologist in our practice. Services are provided in a broad range of areas, treating problems of depression, anxiety, anger, adjustment difficulties to physical injury (e.g., chronic pain, emotional adjustment to brain injury). The cost is \$70.00 per session.

We are pleased to have doctoral student, Ms. Sarah Panofsky, MA, RCC as our therapist-student. Please see her bio below.

Also, see our weblink below for more information:

<https://www.chuckjung.com/doctoral-student-therapists/>

<https://www.chuckjung.com/services/reduced-cost-counselling/>

You can also reach us at 604-874-6754 or admin@chuckjung.com



Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120 th St. St	The Mark (North Building	201 – 45625 Hodgins Ave.	8661 201 St. (2 nd floor).
Vancouver, B.C. V5Z 1K1	Scottsdale Square Bus. Ctr	102-32625 S. Fraser Way	Chilliwack, B.C. V2P 1P2	Langley, B.C. V2Y 0G9
Tel: (604) 874-6754	Surrey, B.CV3W 3M8	Abbotsford, BC V2T 1X8	1-877-870-6754 (toll free)	Tel: (604)-874-6754
Fax: (604) 874-6424	Tel: (604) 874-6754	1-877-870-6754 (toll free)		

Other locations in Tri-Cities, Burnaby, North Shore and Richmond

Website address: www.chuckjung.com

Contact us at one of our locations for more information or to book an appointment.

Caregiver Supports

Abbotsford Hospice & Grief Support Society's [Care for the Caregiver](#) program is a new initiative focused on anticipatory grief and emotional care for caregivers supporting loved ones with life-limiting illnesses.

[Brain Injury Canada](#) has information and virtual workshops for families/caregivers including information about brain injury causes, diagnosis, recovery and rehabilitation, and living with brain injury now and for the long-term.

If you identify as a caregiver of a partner or child (of any age) of a person who has had an acquired brain injury and you are looking for some support, FVBIA and Chuck Jung Associates are offering a FREE Virtual Caregiver Support group for caregivers in the Lower Mainland. Find out more at admin@chuckjung.com or call 604-874-6754.

— ♥ —



The poster features a teal-to-blue gradient background with white and black text. At the top, the title 'Virtual Caregiver Support Group' is written in a large, bold, white font. Below the title, the target audience is specified in black text: 'for partners and parents of people who have acquired brain injuries'. Further down, it states 'Sessions will be offered virtually once a month'. A note says 'Registration is limited.' and provides contact information: 'To register or for more information about the group, please contact Chuck Jung Associates at admin@chuckjung.com or call: 604-874-6754'. On the left side, there is a graphic of a globe surrounded by six circular icons of diverse people. On the right side, there is a white box containing the text 'Chuck Jung Associates Psychological and Counselling Services www.chuckjung.com' and another white box below it with the text 'Sponsored by: Fraser Valley Brain Injury Association' and the FVBIA logo.

Virtual Caregiver Support Group

**for partners and parents of people
who have acquired brain injuries**

Sessions will be offered virtually once a month

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

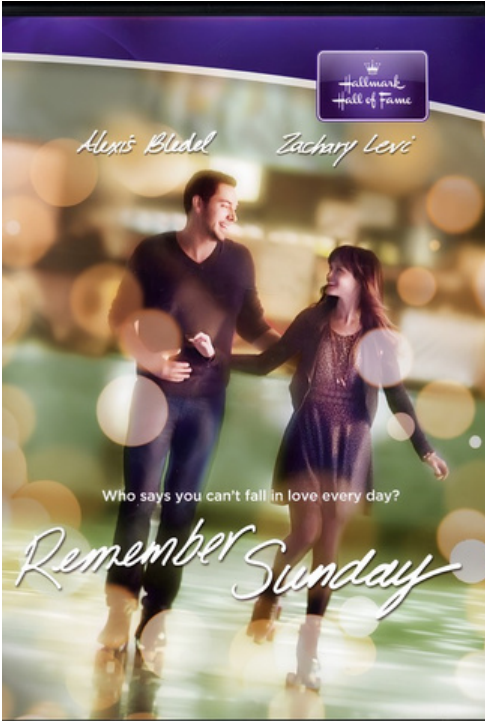
Sponsored by:



**Fraser Valley Brain
Injury Association**



Reel Recovery - Films to Watch



Remember Sunday

2013 Hallmark 720

- Drama / Romance / TV-PG
- 1h 36m

Remember Sunday is a 2013 Hallmark Hall of Fame romantic drama starring Alexis Bledel (Molly) and Zachary Levi (Gus). The film follows a waitress (Bledel) who falls for a charming but enigmatic jewelry clerk (Levi) who suffers from short-term memory loss due to a previous brain aneurysm, causing him to reset his memories every night.

Watch on:

Amazon Prime

[Youtube \(free\)](https://www.youtube.com/watch?v=jcEalJfngtE) <https://www.youtube.com/watch?v=jcEalJfngtE>





READ THE NEWSLETTER -
WIN A \$15 GIFT CARD*



We will post a question in the emailed preview version, based on content from our PDF version of our newsletter.

To enter, find the answer in the PDF version of the newsletter and email your answer to info@fvbia.org with the subject line "Win a Gift Card."

The first correct answer received will win a \$15 gift card*.

**Gift card retailer may vary. No cash value. Contest closes once a correct answer is received.*

Macaroni Salad

(with a confetti of wonderfulness coloring the whole mix with flavor, spice, and texture)

Ingredients:

- 4 cups elbow macaroni (use gluten-free or whole wheat, as preferred)
- 1/2 cup mayonnaise
- 1 Tbsp. red wine or distilled vinegar
- 3 tsp. sugar, plus more or less to taste
- 1/4 tsp. salt, plus more to taste
- Plenty of black pepper
- 1/4 cup milk, plus more if needed
- Splash of pickle juice, plus more to taste
- 3 whole roasted red peppers, diced, plus more to taste (can also use pimentos)
- 1/2 cup black olives, finely chopped
- 1/2 cup diced sweet or dill pickle
- 3 green onions, sliced (white and dark green parts)

Yields: 12 serving(s)

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins (+chilling)

Instructions:

1. Cook the macaroni in lightly salted water according to the package directions. Drain and rinse under cold water to cool. Set aside.
2. In a small bowl, mix together the mayonnaise, vinegar, sugar, salt, and pepper. Splash in enough milk to make it pourable. Splash in pickle juice for extra flavor. Taste and adjust seasonings as needed. Set aside.
3. Place the cooled macaroni in a large bowl and pour in three-fourths of the dressing. Toss and add more dressing if you'd like. (The dressing will seem a little thin, but it will thicken up as the salad chills.)
4. Stir in the roasted red peppers (or pimentos), olives, pickles, and green onions. Add more of any ingredient if you'd like more stuff going on! At the end, splash in a little more pickle juice and stir
5. Chill for at least 2 hours before serving. Sprinkle with sliced green onions to serve!

Estimated Nutrition (Per Serving):

- *Calories: ~200-220 kcal / Protein: ~4-5 g / Carbohydrates: ~20-23 g / Sugars: ~3-5 g / Fat: ~11-12 g / Saturated fat: ~1.5-2 g / Fiber: ~1.5-2 g / Sodium: ~300-450 mg (varies widely with pickles/olives/added salt)*

Pets Corner!



This family of Canada Geese were spotted by the FVBIA Walking Group at Mill Lake



Joy's kitty hiding behind a picture of her grandson

Tickling our Funny Bones

What is brown and hairy and incredibly relaxed?

A coconut on vacation.

What does a frog drink in the summer?

Croak-a Cola.

What happens when you throw books into the ocean?

You get a title wave.

What happens when you throw a blue hat into the ocean?

It gets wet.

<https://www.rd.com/list/summer-jokes/>



ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVBIA's [Acquired Brain Injury Information and Resource Package](#) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability.

This extensive resource package is available on our website <https://www.fvbia.org/abi-information-resources/>

Advertising opportunities are still available. Contact info@fvbia.org or 604-557-1913 for details.



Hey, Healthcare Partners!
Order Your Copies of our Newest Resource!

Rehabilitation After Brain Injury brochures brought to you by Fraser Valley Brain Injury Association

tri-fold brochure 2-sided rack card

If you are in our Fraser Valley service region from Boston Bar to Chilliwack, we will deliver these resource brochures (2 styles to choose from) **to have in your office or waiting rooms - free of charge!!**

Scan me or go to: forms.gle/yk6FQBJ9xVhZhAbK9

NEW EDUCATIONAL RESOURCE AVAILABLE

2026 Brain Injury Education Program Workbook

Download it here:
www.fvbia.org/abi-information-resources/

Worksheets | Resources | Notes

Get In Touch With Us
604-557-1913
[fvbia.org](https://www.fvbia.org)
info@fvbia.org

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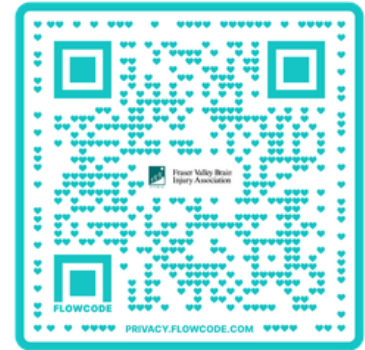
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FVBIA's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up. Then all you need to do is enter your name and email address.

Sign up [here](#) or contact us at info@fvbia.org

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Please see the separate schedule for submission deadlines

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Fraser Valley Brain Injury

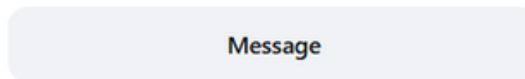
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Charity Organization

FVBIA is a charitable organization that has been offering support and services to people with acquired brain injuries and their families since 1997.

fvbia.org

Follow Us!



Check out FVBIA's Instagram at www.instagram.com/fraservalleybrain/.

HOW YOU CAN SUPPORT FVBIA'S PROGRAMS & SERVICES

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs! Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.

www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs. You have raised over \$5000 since December 2018.

Fraser Valley Brain Injury Association is registered with the PayPal Giving fund, which partners with Facebook to make charitable donations simple with no deductions or fees.

You can donate here and you will get a tax receipt!

www.paypal.com/ca/fundraiser/hub

Look for us by name or by typing in the following:

paypal.com/ca/fundraiser/charity/3434455

PayPal Giving Fund Canada helps people support their favourite charities online and raise funds to benefit charities through PayPal and other technology platforms. Click on the Quick Easy Impactful logo below to check out a short video on how the PayPal Giving Fund works.

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More importantly, we
offer an array of
powerful online
fundraising solutions
that are easy to use
and proven to
maximize donations.”



MEMBERSHIP & DONATIONS

FVBIA - John Simpson Memorial Student Award



John Simpson was the foremost leader in the development of services for people with acquired brain injury in the Province of British Columbia since 1982.

His compassion for individuals and families affected by acquired brain injury moved him to generously dedicate decades of voluntary service to improve the lives of thousands of Canadians affected by this invisible disease. He mentored countless professionals and supported the development and growth of at least a dozen agencies.

This fund offers student grants to graduating high school students in Abbotsford who have a brain injury, have been affected by brain injury in a close family member or intend to enter post-secondary education in a field that supports people recovering from brain injury.

Donate through Abbotsford
Community Foundation

https://abbotsfordcf.fcsuite.com/erp/donate/create/fund?funit_id=1160

Are you interesting in supporting Fraser Valley Brain Injury Association's work with people who have acquired brain injuries and their families?

An automatic monthly withdrawal from your credit card is a simple way to do that.

www.fvbia.org/membership-and-donations/

Contact us at 604-557-1913 or info@fvbia.org about making a monthly contribution to support FVBIA's services and programs.

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving. You can also donate here by simply clicking on the Donate button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.
CRA Number: 872023338RR0001

Thank you for your support!



Fraser Valley Brain Injury Association

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www.fvbia.org

*Funding from Fraser Health Authority Acquired Brain Injury,
Brain Injury Alliance, and the Province of BC*



Brain Injury **Alliance**

