



Fraser Valley Brain
Injury Association

NEWS

September / October 2026

In This Issue



BRAIN INJURY 50/50
TICKETS ON SALE NOW



**CONCUSSION
AWARENESS WEEK**
SEPTEMBER 27 - OCT 3



**CONCUSSION
AWARENESS:**
RECOGNIZE, REST,
RECOVER



**WILDFIRE
PREPAREDNESS:**
PROTECTING
YOURSELF FROM FIRE
AND SMOKE



**CAREGIVERS: SELF-
CARE STRATEGIES TO
HELP BRAIN INJURY
CAREGIVERS STAY
STRONG AND
BALANCED**



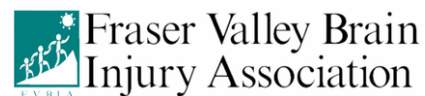
**HEALTHY RECIPES FOR
AUTUMN: CHEESY
BROCCOLI CHEDDAR
SPAGHETTI SQUASH**



**PODCAST: TIME TO
TALK TRAUMATIC BRAIN
INJURY**



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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

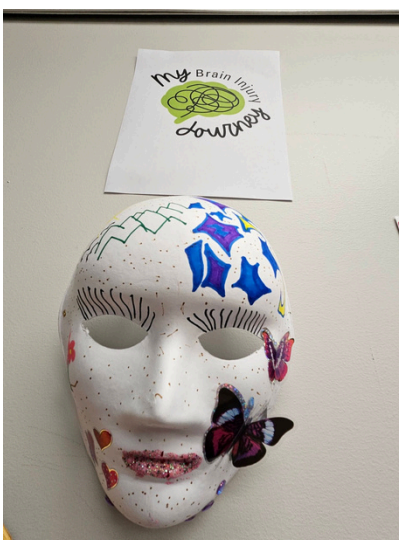
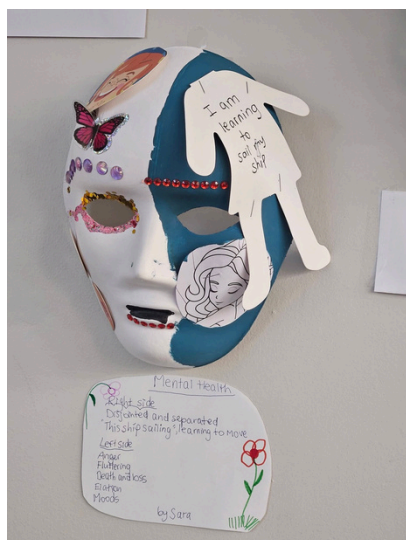
Health & Wellness Group

Contact 604-557-1913

Langley

Coffee & Chat Group

Contact 604-557-1913



Beautiful Unmasking Brain Injury Masks made by the Communitas Brain Injury Drop in members for brain injury awareness month

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

- **September 19th** - Deadline to Purchase Tickets for Brain Injury 2026 50/50 Jackpot
- **September 27th - October 3rd** - Concussion Awareness Week
- **September 30th** - National Day for Truth and Reconciliation
- **October 3rd** - FVBIA PUB NIGHT FUNDRAISER
- **October 12th** - Thanksgiving Day



**HEALING DOESN'T
HAPPEN ALONE.**

Recovery after a concussion or brain injury is a journey — one that is strengthened by compassionate care, meaningful connections, and a community that understands.

At Fraser Valley Brain Injury Association, we help individuals and families find support, resources, and hope.

Together, we move forward.

#ConcussionRecovery #CommunitySupport #BrainHealth

Concussion Awareness Week
September 27 - October 3



**Fraser Valley Brain
Injury Association**

FRASER VALLEY BRAIN INJURY ASSOCIATION

Supporting services and programs for people with acquired brain injuries in the community

BRAIN INJURY 2026 50/50 JACKPOT

WINNER TAKES HALF!

5-TICKET PACK FOR \$10
15-TICKET PACK FOR \$20



SALES DEADLINE:
THURSDAY, SEPTEMBER 19, 2026, MIDNIGHT

DRAW:
MONDAY, SEPTEMBER 28, 2026 AT 8:00 P.M.

GO TO
fraservalleybraininjury.rafflenexus.com/

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!**

BUY YOUR TICKETS AT:
FVBIAPub_Night_2026.eventbrite.ca

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



Sponsors:



Community Sponsor

connect

A Better Way After Brain Injury





Fraser Valley Brain Injury Association

We Need Your Support This Year!
While we aren't hosting our Annual Golf Tournament this year, the need for brain injury support in our community hasn't changed. We are asking our amazing supporters, sponsors, donors, and community partners to help us continue making a difference in other ways.



Let us know how you, your family, friends, workplace, or business would like to help. We're happy to work with you to find the right fit.

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

How can you support us? We have some ideas!

Fundraising

Host a simple fundraiser on our behalf, such as:

- Krispy Kreme sales
- Bottle drives
- Workplace or community fundraisers
- Facebook fundraisers

Interested? We'd love to hear from you!

Make a Donation

Every contribution makes a difference.

- Donate funds (big or small)
- Ask friends and family to support our work
- Purchase 50/50 tickets (see page 6)
- Donate directly to our programs (see pages 30–31)
- Donate Items

We welcome donations of:

- Small toys, games, and activity kits for children and youth
- Door prizes and silent auction items
- Food and grocery gift cards

Advertise

Our newsletter reaches over 1,500 subscribers every two months. See page 28 for rates.

Sponsorship Opportunities

Support:

- Brain Injury Awareness Booths at community events
- Young at Arts Summer Camp for children and youth affected by brain injury
- FVBIA Pub Night – October 3, 2026
- Annual Christmas Tea through table sponsorships, silent auction items, or door prizes

Thank you for helping us make a difference in the lives of people affected by brain injury.

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



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.

November / December
2026 Issue

Submit by:
October 21st

January/February 2027
Issue

Submit by:
December 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.

CONCUSSION RECOVERY IS RARELY A STRAIGHT PATH.

Different timelines. Ups and downs.
Individual recovery.

You don't have to walk it alone.



#ConcussionAwareness #BrainInjurySupport #FraserValley

Concussion Awareness Week
September 27 - October 3



**Fraser Valley Brain
Injury Association**

CONCUSSION AWARENESS: RECOGNIZE, REST, RECOVER

Concussions are mild traumatic brain injuries that can happen to anyone—at home, at work, or on the road—not just on the playing field. Falls alone account for nearly half (47%) of all concussion-related emergency visits, making them the leading cause across all age groups.

What causes concussions?

A concussion occurs when the brain is shaken inside the skull by a blow to the head, a jolt to the body, or rapid acceleration–deceleration forces. Common causes include slipping on a wet floor, tripping over clutter, falling from a ladder, being struck by a falling object, motor vehicle collisions, workplace incidents, and physical assaults. Even without direct head contact, whiplash from a car crash or a hard tackle can jar the brain enough to cause injury.

Recognizing the symptoms

Concussion symptoms vary widely and may appear immediately or hours to days later. Physical signs include headache or pressure in the head, dizziness, nausea or vomiting, blurred vision, sensitivity to light or noise, fatigue, and balance problems. Cognitive effects often involve confusion, memory gaps around the event, difficulty concentrating, feeling mentally slowed down, or “brain fog.” Emotional and sleep-related changes—such as irritability, anxiety, sadness, sleeping more or less than usual, and trouble falling asleep—are also common. In young children, watch for behavioral shifts like increased clinginess, tantrums, changes in eating or sleeping patterns, or loss of interest in favorite activities.

When to seek help

Most concussions improve within days to weeks with proper rest and care, but some symptoms require urgent medical attention. Red flags include repeated vomiting, worsening headache, seizures, loss of consciousness, slurred speech, weakness or numbness in arms or legs, increasing confusion, or unusual drowsiness. If any of these occur, seek emergency care immediately.



Prevention in daily life

Simple steps can significantly reduce concussion risk at home and work. Keep floors and walkways clear of clutter and cords, use non-slip mats in bathrooms, install handrails on stairs, and ensure good lighting throughout living spaces—especially for older adults and young children. At work, wear properly fitted protective headgear where falling objects or head impacts are possible, use tool tethers and toeboards, maintain clean and dry floors, and follow vehicle safety protocols. Always wear seatbelts, avoid distracted driving, and use appropriate helmets for cycling, skating, or other high-risk activities.

Supporting recovery

If you suspect a concussion, stop activity immediately and seek medical evaluation. Early rest—both physical and cognitive—is essential, followed by a gradual return to normal activities under professional guidance. Avoid driving, operating machinery, or making important decisions until cleared by a healthcare provider, as concussion patients face a 49% higher long-term risk of motor vehicle crashes.

By recognizing symptoms early, acting quickly, and prioritizing brain safety in everyday environments, we can protect ourselves and our loved ones from the lasting effects of concussions

It's Concussion Awareness Week
September 27 - October 3



CONCUSSION SUPPORT

focus group

Your experience matters, and we'd love your input.

FVIBA is exploring the possibility of creating a free, virtual, concussion support group/ education program, and we want to ensure it meets the needs of those it is intended to support. Join us for a focus group to share your experiences, challenges, and ideas.

We're looking for individuals who have experienced a concussion to help us answer questions like:

- What supports are currently missing?
- Would a concussion support group be helpful?
- What topics would you like to learn about or discuss?
- When should a support group be offered?



September 11

5:00pm-7:30pm

Contact FV BIA at 604-557-1913 or info@fvbia.org for details and registration.

A survey can be sent out to those unavailable September 11th.



Research Participants Needed

Sleep and Motor Learning Study

Help researchers at UFV understand and improve recovery following a concussion



Participation Requires

- One in-person visit lasting approximately 1.5 hours.
- The visit includes completing questionnaires, performing a motor learning task while wearing an EEG device, and either napping or watching a video for 30 minutes.
- In appreciation of your time, you will receive \$20 VISA gift card

Requirements

- Aged 19 or older, with a clinical or self-reported concussion in the past 12 months and no current headaches or light/screen sensitivity
- Normal or corrected-to-normal vision.
- No current use of psychoactive medications.
- No history of medically diagnosed or self-reported severe traumatic brain injury.
- No history of neurological conditions other than concussion (e.g., epilepsy, stroke)
- Participants must NOT be currently enrolled in KIN 268 or KIN 368.

Location

- University of the Fraser Valley, Chilliwack Campus (CEPA)

If you are interested or would like more information, please contact: **Dr. Amanpreet Sidhu** at amanpreet.sidhu@ufv.ca
UFV HREB study: 101991

STUDY FROM AUSTRALIA INDICATES TBI COSTS OF E-SCOOTER FALL MAY BE \$2.5-4.5 M/PERSON

OPINION: Vic Leach, panelist at Century House Association

A 2024 study on the cost of healthcare due to e-scooter related severe Traumatic Brain Injury (TBI) from University of Melbourne, Australia, is additional info that we have shared with BC's Minister of Transportation and Transit as well as our new Minister of Health, our MLA and Canada's new Chief Public Health Officer.

These are very large long term healthcare costs associated with e-scooter injuries in Australia which quickly led to new e-scooter laws in the State of Victoria.

I am sure that Australian healthcare costs may be very similar in BC and other Canadian provinces for severe TBI's from e-scooter crash incidents. We wonder if BC or any other province will introduce similar legislation as they have done in Australia's State of Victoria within the next 6 months to a year.

Dr. Peter Crack of the University of Melbourne wrote a study in August 2024 in Australia called "*Rise in e-Scooter Related Traumatic Brain Injuries Highlights the Need for New Treatments*". In his report, Dr. Crack indicates a lifetime costing figure for TBI's of \$Aus 2.5-4.5 million (CAD\$2.49-4.48 million)¹ per individual.

Dr. Crack's report came out in August 2024, and by October 2024, the State of Victoria in Australia, new legislation on e-scooters was passed with much higher fines for not wearing helmets and requirements for e-scooters to be registered and with insurance if they could exceed 25 km/h and the driver would require an operator's license.³

I am not sure how long it takes for the general public to change their thinking when much higher fines are introduced, nor that some people will have lawyers test this in court and for the judges and magistrates in courts to make a general consensus.

The police may write the tickets for the offence, although they have to see if the courts will uphold those charges and the fines. If the fines are not validated by the courts, it may not be worth police time to issue more tickets or for the courts or the prosecution services to look at future cases involving e-scooters. There is also the social media context which may affect police as well as elected officials.

It may not be easy for the police to "catch" people who ride e-scooters even if the operator does not follow the "rules of the road". The police will have to prove they have the right person and the right e-scooter doing a traffic infraction for the lawyer to prosecute in the courts.²

We have learned from the BC Prosecution Service that at this time they generally do not handle cases involving e-scooters, which puts the onus on the municipalities to provide the lawyers to prosecute the offenders. As they found in their study in the State of Victoria at the University of Melbourne in Australia that head injuries can be costly.

There are many large healthcare costs associated with Traumatic Brain Injuries which have to be covered by the BC Ministry of Health and other provincial ministries for the rest of those individuals' lives.

As many Emergency Departments are under a lot of stress due to shortage of staff, the additional strain from e-scooter injuries would be a factor we should try to limit.

It is odd that, in the State of Victoria, Australia, an e-scooter pilot project was initiated in 2022 and their new laws around e-scooters were introduced in October, 2024, while BC and other provinces introduced the e-kick scooter pilot project in 2021 and still have not toughened any laws around e-kick scooters.

Sources and Notes:

"E-scooters and Pedestrians Do Not Mix: Is That a Problem for You" by Dr. Peter Crack <pcrack@unimelb.edu.au>

<https://transport.vic.gov.au/road-and-active-transport/active-transport/e-scooter-road-rules>).

1. The Australian dollar is valued at about \$Cdn 0.98 or just about equal to the Canadian dollar.
2. In Australia, a person is considered as inebriated if their BAC is 0.05% or higher while in Norway the legal BAC is 0.02%. BC's BAC level is at 0.08% for adults.
3. The fine for not wearing a helmet on an e-scooter in the State of Victoria, Australia, is now \$Aus 418 or ~ \$Cdn 410 while in BC the fine is \$Cdn 29. If one operates an e-scooter that is capable of over 25 km/h, the fine in the State of Victoria, Australia is \$Aus 1,046. The operator also has to have a legal operator's license, plus insurance plus a license plate for the vehicle.

YOUNG AT ARTS SUMMER PROGRAM

Day Camp at the Blue Heron Reserve in Chilliwack, BC Held August 10th to 14th, 2026

This year, our Young at Arts Camp had eight happy campers. We had several returning campers, as well as two who were new to the camp this year. We were so pleased to have all the campers join us! It turned out to be another great year for the Young at Arts camp. We are very appreciative of having had the help of a former camper who volunteered her time to help us for the entire week of camp, as well as our very helpful Nature Guide.

The Young at Arts summer camp has two programs each day: Artwork in the morning and Nature education and activities in the afternoon.

Our art-focused mornings included activities such as nature-themed guided sketching, canvas painting and, of course, our yearly tradition of building a boat for our annual boat race. We really enjoyed student led drawing lessons, where a few talented campers showed the group how to draw their favourite animals. We even made paper airplanes, decorated them and had an airplane race from the top of the tower.

In the afternoons, we learned about various aspects of nature such as various wetlands, types of spiders, beavers, and various pollinators. We enjoyed treasure hunts in the trails, catching and releasing various insects and we even had our own chance to build a beaver dam. We tested our dams and as it turns out – a beaver's job is pretty tough! We wrapped it all up on the last day of camp with an exciting boat race! We learned and experienced so much and can't wait to see what next year has in store.

This camp continues to be a big success every year as we have several returning campers.

This camp is funded by a Charitable Gaming grant and fundraising activities.





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: Tuesdays - Sept 15 & 29, Oct 13 & 27, 2026

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!

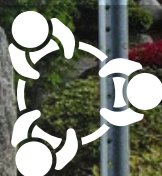
This is a great opportunity to meet other survivors
and chat.

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):

Times: 2:00 P.M. at the Bourquin Entrance benches

2:15 P.M. at the 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.

FVBIA's "Pay it Forward": Health & Wellness for ABI Program invites you to attend

Gentle Yoga with Joy

Day: Wednesdays
Sept 16 to Oct 14, 2026

Time: 10:30 to 11:30 a.m.

Place: Trinity Memorial United Church
33737 George Ferguson Way
(at Montrose)
Abbotsford, BC

Funding is provided by Charitable Gaming, ICBC, Maplewood Care Foundation and through the Brain Injury Alliance with financial support from the government of British Columbia.

Fraser Valley Brain Injury Association and Archway Community Services present a

Community Kitchen

Learn how to cook safely and nutritiously. Get ideas for simple meals that are easy to make. Prepare delicious meals that you can take home to enjoy!

DAY: Tuesday, Sept 22, 2026
TIME: 1 to 3 p.m.

PLACE: Archway Community Services
in The Old Court House at
33780 Laurel Street, Abbotsford

TO REGISTER, please contact Joy at
604-897-1563.

Space is limited.

Funding is provided through the Brain Injury Alliance, ICBC and the Province of British Columbia.

Save
the
Date

GIVING TUESDAY

Dec. 1, 2026

What is Giving Tuesday? It's simple: a day that encourages people to do good, on GivingTuesday and every day! Give time, make someone smile, help a neighbour, or make a donation.



Fraser Valley Brain
Injury Association

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



OFFICE SPACE FOR LEASE

The Abbotsford Community Foundation and Fraser Valley Brain Injury share an office space just off George Ferguson & Garden Road.

They have a private self-contained office measuring about 150 sq ft available for sub lease on a month-to-month basis.

The office has dimmable lighting, windows & window coverings, is carpeted, and is almost square in shape. Includes hydro, WIFI, and access to a kitchenette & washrooms on the same floor, all for \$675/month.

A separate board room can be rented on an as needed basis as available.

This could be a great counselling office for a lone practitioner or for a small nonprofit needing a central office space.

It is available as of October 1st, 2026. If you're interested or would like to visit the space, please contact Areni at arenik@abbotsfordcf.org.



Wildfire Preparedness: Protecting Yourself From Fire and Smoke

Wildfires can develop quickly, and even communities far from an active fire can be affected by smoke. Taking a few simple steps before wildfire season can help you and your family stay safer, reduce stress, and be ready to act if conditions change.

Prepare before a wildfire.

Create an emergency plan and make sure everyone in your household knows where to go and how to leave the area.

Keep an emergency kit ready with water, food, medications, important documents, a flashlight, phone chargers, and supplies for pets or anyone who may need additional assistance. Know your evacuation routes and sign up for local emergency alerts. If authorities issue an evacuation order, leave immediately.

Prepare your home for smoke.

Check that your heating, ventilation and air-conditioning system has a clean, high-quality filter that your system can safely handle. Consider having a portable air cleaner with a filter designed to remove fine particles.

When smoke levels are high, keep windows and doors closed and limit the use of exhaust fans that draw outdoor air inside.

Check the air before going outside.

Wildfire smoke contains fine particles called PM2.5, which can penetrate deep into the lungs. Smoke can affect your health even when you cannot see or smell it.

Check the Air Quality Health Index (AQHI) and local wildfire alerts before exercising or spending extended periods outdoors. Reduce or reschedule strenuous outdoor activities when air quality is poor.



If you must go outside when smoke is heavy, a well-fitting N95 or equivalent respirator can reduce exposure to fine particles. Children, older adults, pregnant people, people with heart or lung conditions, and those who work or exercise outdoors may be particularly vulnerable to the effects of smoke.

Finally, listen to your body.

Coughing, headaches, irritated eyes or throat, wheezing, shortness of breath, dizziness, chest pain, or heart palpitations can occur with smoke exposure. Seek medical attention if symptoms are severe or concerning.

Being prepared doesn't mean living in fear. Knowing your evacuation plan, monitoring air quality, and creating a cleaner-air space at home can help you and your loved ones stay safer throughout wildfire season.

Read the PreparedBC Wildfire Preparedness Guide:

https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/wildfire_preparedness_guide.pdf?

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, of a child of any age, or 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. At the top, the title 'Virtual Caregiver Support Group' is written in large, white, sans-serif font. Below it, in smaller black font, is 'for partners and parents of people who have acquired brain injuries'. Further down, it says 'Sessions will be offered virtually once a month'. A line of text states 'Registration is limited.' followed by '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 circular graphic with a globe in the center and six stylized human avatars (three women and three men) around it, connected by dotted lines. On the right side, there is a white rectangular box containing the text 'Chuck Jung Associates', 'Psychological and Counselling Services', and 'www.chuckjung.com'. Below this box, it says 'Sponsored by:' followed by the FVBIA logo and the text 'Fraser Valley Brain Injury Association'.

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

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 Fraser Valley Brain Injury Association

Key Priorities for Caregivers of People with Brain Injury

Summary of Findings from the Caregiver Co-Creation Research Event

July 22, 2026

Q1

Knowledge, Training, or Support That Would Make the Caregiving Role Easier



1. Caregiver support network, or peer support, in the community to learn how to manage things, take care of oneself, and advocate to be included in care
2. Knowledge of community healthcare services, support programs, and online programs
3. Immediate access to outpatient and community services and healthcare professionals
4. Integrated community supports such as a care coordinator from hospital to home
5. Central hub for support and resources including a patient database

Q2

Challenges, Barriers, and Gaps in Support



1. Lack of recognition, awareness, and knowledge about brain injury in the community and healthcare settings
2. Increased financial burden and strain in the caregiving role
3. Lack of tailored support for person with brain injury and caregiver
4. Uncoordinated healthcare system
5. Lack of holistic care and support (mental health, social isolation, respite care)

Q3

Supports That Have Been Helpful in the Caregiving Role



1. Community and personal support groups (i.e., peer support for caregivers [e.g., BrainTrust Canada: caregiver support group], family and friends)
2. Mental health and emotional support resources: for person with brain injury and caregiver (i.e., counselling, reprieve, supported activities)
3. Online education and resources
4. Healthcare support (i.e., neuropsychologist, medical system for sense of direction, case management)
5. Strong advocates for caregivers / inclusion, being part of the conversation, invited to the table

Q4

Meaningful Support for Caregivers in the Future and Key Elements That Should be Included in a Caregiver Support Program



1. Central hub for caregiver and person with brain injury with rural and remote access
- 2a. Care coordinator that helps navigate the transition from hospital to home, and provides longer term support and coordination in the community
- 2b. Access to information, knowledge, and education during hospital visits and from care team
3. Caregiver support groups: people who can understand
4. Continuous/ongoing support from acute to community settings (i.e., support network of caregivers)



SELF-CARE STRATEGIES TO HELP BRAIN INJURY CAREGIVERS STAY STRONG AND BALANCED

Contributed by Don Lewis

Caregivers of brain injury patients often carry a load that doesn't clock out: constant vigilance, shifting moods, and decisions that have real consequences. Over time, caregiver fatigue and stress can start to feel like the "new normal," and many caregivers quietly judge themselves for needing a break at all.

Self-care isn't a reward for doing everything perfectly, it's a practical way to protect caregiver well-being and keep showing up with steadiness.

Self-Care Moves That Fit Real Caregiving Days

Some days, "self-care" looks like a full yoga class and a green smoothie. Most brain injury caregiving days look like reminders, mood shifts, paperwork, and being "on" all the time. These self-care strategies for caregivers are meant to fit that reality, small moves that protect your oxygen mask so you can keep showing up.

1. Do a 60-second "name it and breathe" reset:

When your nervous system is buzzing, pause and silently label what's true: "I'm tense. I'm worried. I'm doing my best." Then take 5 slow breaths, with the exhale longer than the inhale. The stress reduction technique works because naming the feeling turns down the internal alarm, and simply accepting whatever is happening can dial down your stress level enough to make your next choice calmer.

2. **Make movement a caregiving add-on, not an extra task:** Aim for two 5–10 minute bursts of simple exercise rather than one long workout. Try a brisk hallway walk while your loved one rests, gentle stretching during a TV show, or a few sit-to-stands from a chair.

3. **Strengthen your social support network with one specific ask:** "Let me know if you need anything" is kind, and useless when you're exhausted. Try: "Can you sit with them Thursday 2–4?" or "Can you drop off two easy lunches?" If you're worried you're the only one living this, remember 1 in 4 Americans is a family caregiver, community exists, even if you have to tap it on purpose.



Keep Your Goals Alive: Learn Without Losing Your Caregiver Role

Caregiving can quietly convince you that your career or education dreams have to wait, but they don't, and keeping them alive is its own kind of long-term self-care.

If you know your "why" (more stability, a sense of identity, more options later), you can choose a pace that fits this season instead of abandoning the goal entirely. With an online degree program, you can enhance your career prospects and balance work, school, and caregiving. If you're curious about psychology, earning a degree in the field lets you study the cognitive and affective processes that drive human behavior so you can support those in need of help; if you want details on program options, give this [a thorough look](#).

Protecting Caregiver Health With One Sustainable Self-Care Choice

Brain injury caregiving can feel like living on alert, meeting everyone else's needs while trying not to disappear inside the work. The steadier path is the one built on empowerment for caregivers: prioritizing caregiver health with progress over perfection and simple, repeatable long-term well-being strategies.

When that mindset becomes the default, caregiver resilience grows, more patience, clearer decisions, and fewer moments that tip into burnout. Your care matters most when it includes you.

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)

1001 – 805 W. Broadway

Vancouver, B.C. V5Z 1K1

Tel: (604) 874-6754

Fax: (604) 874-6424

Surrey:

232 – 7164 120th St. St

Scottsdale Square Bus. Ctr

Surrey, B.C. V3W 3M8

Tel: (604) 874-6754

Abbotsford:

The Mark (North Building

102-32625 S. Fraser Way

Abbotsford, BC V2T 1X8

1-877-870-6754 (toll free)

Chilliwack:

201 – 45625 Hodgins Ave.

Chilliwack, B.C. V2P 1P2

1-877-870-6754 (toll free)

Langley:

8661 201 St. (2nd floor).

Langley, B.C. V2Y 0G9

Tel: (604)-874-6754

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.



PODCAST: TIME TO TALK TRAUMATIC BRAIN INJURY



A Journey with Lee Carlson

Lee is someone whose life reads like a journey through survival, spiritual inquiry, journalism, literature, and deep personal transformation. Lee Carlson is an internationally recognized author, veteran journalist, Zen practitioner, and survivor of traumatic brain injury whose work explores what it means to heal, to awaken, and to live with purpose after profound suffering.

These questions and much more to be answered on this episode 'A Journey with Lee Carlson'.

timetotalktbi.libsyn.com/website/a-journey-with-lee-carlson

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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.



Healthy Recipes for Autumn

Cheesy Broccoli Cheddar Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash
(about 2 1/2 lb.)
- 1 Tbsp. olive oil
- 1 3/4 tsp. (or more) salt, divided
- 6 oz. broccoli, cut into 1" florets
(about 1 1/4 cups)
- 1 Tbsp. plus 1/4 cup water,
divided
- 3 Tbsp. unsalted butter
- 1/2 yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 Tbsp. all-purpose flour
- 1/2 cup whole milk
- 4 oz. cheddar, shredded, divided
(about 1 cup)

Instructions:

1. Arrange a rack in center of oven; preheat to 400°. Cut spaghetti squash in half lengthwise. Scrape out seeds. Rub inside of squash with oil; season with 1 tsp. salt. Arrange cut side down on a baking sheet.
2. Roast squash until tender and browned, 35 to 45 minutes. Let cool slightly.
3. Meanwhile, in a medium heatproof bowl, season broccoli with 1/4 tsp. salt. Pour 1 Tbsp. water into bottom of bowl. Cover and microwave 1 minute. Stir and continue to microwave in 30-second increments until broccoli is bright green and fork-tender, 30 seconds to 1 minute more. Uncover and let cool slightly.
4. In a large skillet over medium heat, melt butter. Add onion; season with 1/2 tsp. salt. Cook, stirring occasionally, until onion is tender and sweet to the taste, 7 to 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more. Add flour and cook, stirring, until a bubbling paste forms on bottom of skillet, about 1 minute more.
5. Slowly whisk in milk and remaining 1/4 cup water. Bring to a simmer over medium-high heat and cook, stirring occasionally, until thickened, 1 to 2 minutes. Remove from heat and fold in 3 oz. cheddar until a smooth sauce forms; season with salt, if needed.
6. Using 2 forks, shred spaghetti squash strands from shell. Measure out 3 cups and transfer to skillet; reserve remaining squash for another use. Add broccoli to skillet and toss to coat in sauce.
7. Return cheesy spaghetti squash to squash shells. Top with remaining 1 oz. cheddar.
8. Heat broiler. Broil squash, watching closely, until cheese is melty and blistered on top, 1 to 2 minutes.

Yields: 3 - 4 serving(s) Prep Time: 10 mins Total Time: 1 hr 15 mins Cal/Serv: 444

<https://www.delish.com/cooking/recipe-ideas/a62651964/cheesy-broccoli-cheddar-spaghetti-squash-recipe/>

Pets Corner!

(and nature)



*Luna's nest.
~ from Carol*



*Invisible kitty!
~ from Joy*



*Muddy is chilling with a good book.
~ from Victoria*



*Young and old: trees at Mill Lake Park
~ from Joy*

Tickling our Funny Bones

How do you fix a broken pumpkin?

With a pumpkin patch!

What do ghosts use to wash their hair?

Sham-boo!

What do you get when you divide the circumference of a jack-o'-lantern by its diameter?

Pumpkin Pi

What room are ghosts not allowed to enter?

The living room.

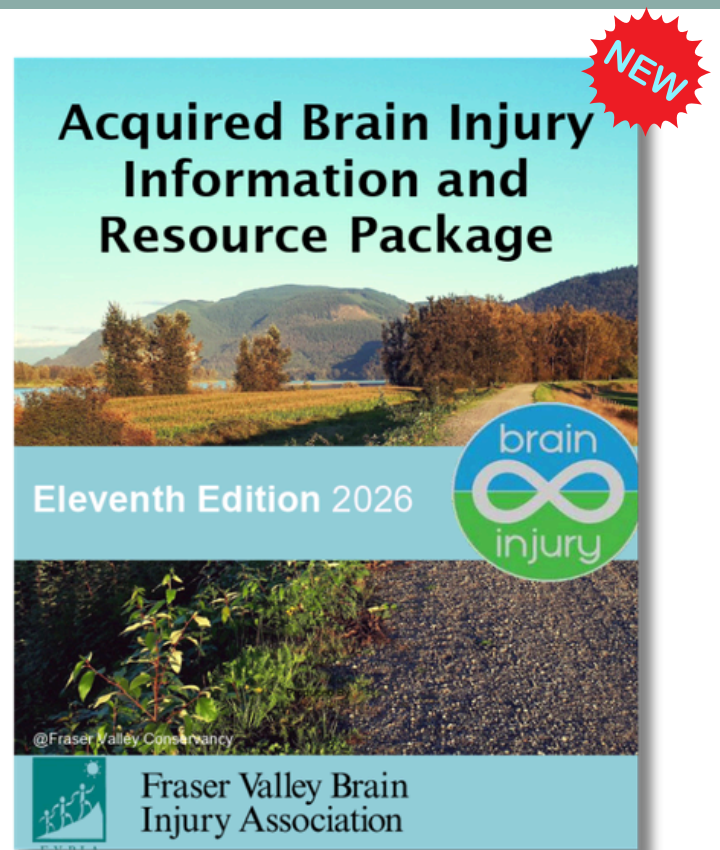
<https://www.rd.com/article/halloween-jokes/>

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

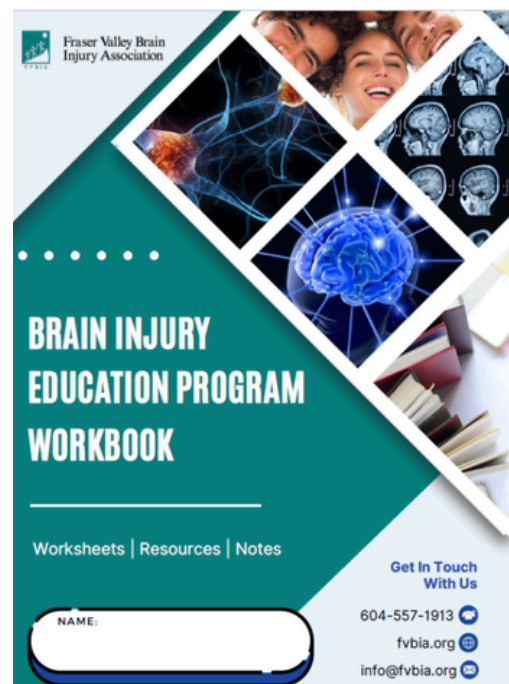


2-sided rack card



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
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AVAILABLE**

2026 Brain Injury
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Workbook

Download it here:

www.fvbia.org/abi-information-resources/

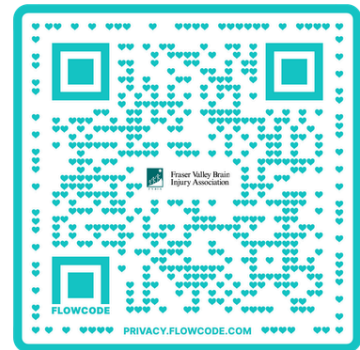
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FVBIA's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

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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Contact info@fvbia.org or call 605-557-1813 for more information.

Please see the separate schedule for submission deadlines

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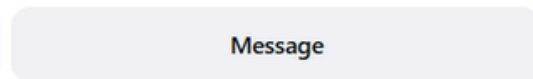
Fraser Valley Brain Injury

206 posts 348 followers 82 following

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 helps 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.

“

CanadaHelps champions all 86,000 charities across Canada, no matter how big or small.

Every registered Canadian charity has a profile on CanadaHelps.org, connecting donors directly to the charity so donors can easily find and donate to them.

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.fvbias.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

201 2890 Garden St. Abbotsford, BC, V2T 4W7

Tel: 604-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbia.org

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



Brain Injury **Alliance**

