



Spring



Step Ahead

Duelling Pianos 2024

Pianists Kay Howl and Mark Calcott played the night away with favourite tunes suggested by audience members, for a tip. All tips collected benefitted the programs and services of BIAWE. MC— John Weese encouraged attendees to give, give, give to a worthy cause. The event was SOLD OUT. Attendees were able to get their picture taken at the new photo display. Thank you to our sponsor, Toolcans, owned and operated by Sam Cook. A good time was had by all. Thank you to our volunteers who took pictures, Taylor Boileau and Rebeca Robinet.



Our Support Team

Executive Director - Anna Jurak - info@biawe.com, 519-981-1329

Administrative Assistant—Rachel Olsen admin@biawe.com, 226-344-0986

You Are Not Alone Facilitators- Danielle Bridges—goals@biawe.com and Sandra Herrera—communityengagement@biawe.com

Young Adult Support Group Facilitator - Rebeca Robinet—social@biawe.com

Caregiver Support Group Facilitator - Danielle Bridges—goals@biawe.com

Peer Support Program Coordinator - Ali Caputo—connect@biawe.com

Social Coordinator - Rebeca Robinet—social@biawe.com

STAR Program and Education Coordinator - Anna Jurak - info@biawe.com, 519-981-1329

Graphic Design —Donna Ntumba—info@biawe.com

Volunteer Coordinator - Carolyn Basily—volunteer@biawe.com

Art Class Facilitators—Christine Paris, Rachel Olsen—art@biawe.com

Client Services —Mooku Hser—clientservices@biawe.com, 226-346-4305

Music/Singing Facilitator—Alice Chiu—music@biawe.com

Pediatric Caregiver Peer Support Facilitator—Taylor Rebidoux—psg@biawe.com

Children with ABI Peer Support Group Facilitator—Krista Skiba—psg@biawe.com

Bingo Dates 2024



Sunday, April 7 from 5 to 7 pm

Friday, April 19 from 9 to 11 pm

Saturday, April 17 from 3 to 5 pm

Sunday, May 5 from 7 to 9 pm

Saturday, May 11 from 9 to 11 am

Friday, May 17 from 7 to 9 pm

Friday, June 7 from 7 to 9 pm

Sunday, June 16 from 5 to 7 pm

Friday, June 28 from 9 to 11 pm



Our volunteers work these sessions and help raise money for BIAWE.

If you're interested in volunteering, contact our Volunteer Coordinator, Carolyn Basily at volunteer @biawe.com or complete the application at [How you can help - BIAWE](#) to take the on-line course and become one of our bingo volunteers. It's easy and it's fun. Do it with a friend.

If you're a bingo player, consider playing at All Star Gaming Centre at 1385 Walker Road (corner of Walker and Ottawa Streets).

New Programs—Pediatric Caregiver Peer Support Group, Children’s Group

Thanks to a generous donations from the Solcz Family Foundation, we started two new programs. One is for parents of children with an acquired brain injury (ABI) and the other is for children ages 4 to 18.

My name is **Taylor Rebidoux**, I am a Registered Social Worker and a recent graduate of Lakehead University. Currently, I am continuing my education through obtaining my Masters of Social Work at the University of Windsor. I was inspired to pursue my career in Social Work because of my dedication and passion to helping others empower themselves. I am trained in Applied Suicide Intervention Skill Training (ASIST) and the Fundamentals of Mental Health from the Canadian Mental Health Association. I have been certified to provide families with strategies to develop healthy connections and solution-focused therapy skills through the Crisis and Trauma Resource Institute. My practice skills are multi-disciplinary with a focus on strength-based approach, solution-focused therapy, acceptance and commitment therapy and cognitive behavioural therapy.



I am excited to start walking beside you in this new journey of your life. It can be scary, difficult and filled with uncertainty. Do not worry though, we will work through those feelings together! I have been supporting care partners in my other role at the Alzheimer Society for ten months now by ensuring that families are supported in their resilience through the new transition of their lives caused by a diagnosis. I have worked with many diverse populations including children, youth, women and seniors who have each experienced a significant change in their lives affected by trauma. Each individual person is different, each journey is different and it is my goal to work with your own personal strengths and provide you with the tools needed to empower yourself in this new journey.



SOLCZ FAMILY
FOUNDATION

Krista Skiba has Masters Degree and a Bachelor’s Degree in Social Work and she has over 20 years of social work experience in various roles with diverse populations in Windsor Essex County.

She has served children and families, adults and older adults in healthcare, education, case management and counselling roles.

She’s a proud mom of two awesome teenagers. She enjoys sports, adventures and life-long learning.

She has worked at Hotel Dieu Grace Healthcare for the past 10 years and is a part time instructor at St. Clair College.

She is looking forward to becoming part of the Brain Injury Association community.





ST. CLAIR
COLLEGE



WHERE YOU MAKE A DIFFERENCE

Developmental Services Worker

A Developmental Services Worker (DSW) supports people of all ages with developmental and intellectual disabilities. With a focus on empowerment and inclusion, a DSW helps with building life skills through counselling and teaching positive behavioural supports.

Most student applicants receive a job offer before completing the DSW program.

PROGRAM COURSE SELECTION OPTIONS:

Developmental Services Worker - K200

Developmental Services Worker (Accelerated) - K824

APPLY TODAY

RISE ABOVE THE ORDINARY

CHATHAM

STCLAIRCOLLEGE.CA



Rheem Khanafer—4th Year
Nursing Student Placement

Hello, my name is Reem Khanafer and I am a fourth-year nursing student at the University of Windsor and excited to complete my community placement with BIAWE.

At the University, I engage in Nursing Research, am a Peer Mentor in our Clinical Lab where I guide students with nursing skills, and am a part of the Nursing Society.

Outside of school, I like going to the gym, watching basketball, and hanging out with friends. I am grateful for the opportunity to contribute to the important work that BIAWE does in our community and to collaborate with such a compassionate team in the process.

BIAWE extends a great big **THANK YOU** to ALSO for providing us the use of their facilities to host our programs, store our stuff and give us an office for our client services representative and other staff.

Without you we could not do as much as we do and we are truly grateful for having such a generous partner.



Assisted Living | **Aide à la vie autonome**
Southwestern Ontario | **Sud Ouest de l'Ontario**

Preventing Traumatic Brain Injuries

Here are a range of actions you can take to try to prevent head injuries:

- Buckle up every ride
- Wear a seat belt every time you drive – or ride – in a motor vehicle.
 - Never drive while under the influence of alcohol or drugs.
-
- Wear a helmet when you ride a bike
 - Prevent falls
- Talk to your doctor to evaluate your risk for falling, and talk with them about specific things you can do to reduce your risk for a fall.
- Ask your doctor or pharmacist to review your medicines to see if any might make you dizzy or sleepy. This should include prescription medicines, over-the counter medicines, herbal supplements, and vitamins.
-
- Get your hearing checked; hearing loss increases your risk of falls dramatically.
- Have your eyes checked at least once a year, and be sure to update your eyeglasses if needed.
 - Do strength and balance exercises to make your legs stronger and improve your balance.
 - Make your home safer.



Coffee Chat

This weekly social is for those living with a brain injury. It's a good way to keep in touch with friends and acquaintances you've made attending support groups. It helps in reducing the social isolation and keeps you up-to-date as to what's going on at BIAWE. Talk with old friends and make new friends. It's unstructured and you can talk about whatever you want. Each week is different..

VIRTUAL - Every Wednesday at 11:00 a.m. through zoom

Call for an invitation if you are not on the email list. 519-226-759-3201
clientservices@biawe.com. No need to register.

IN-PERSON - Kingsville 12:30 p.m. on the 4th Thursday of the month—Kingsville Community Centre 1860 Division Road, Kingsville. Drop in when you can. Refreshments provided.

Session Dates: Thursdays,

April 25

May 23

June 27



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complicated problems
of our time.



University
of Windsor

Caboto's CHARITY PASTA NIGHTS 2024

\$15 Includes pasta, salad, buns & butter Under 18s FREE

| | | | | | |
|--|---|--|---------------------------------------|--|---|
| JANUARY 3 Iris Residential Inns & Services | FEBRUARY 7 Hospice of Windsor-Essex | MARCH 6 Windsor/Essex Humane Society | APRIL 3 Autism Ontario | MAY 1 Canadian Mental Health Assn | JUNE 5 Brain Injury Assn of Windsor-Essex |
| JULY 3 ALS Society of Windsor-Essex | AUGUST 7 Life After Fifty | SEPTEMBER 4 Children First | OCTOBER 2 Fantastic Fathers | NOVEMBER 6 Italian-Canadian Handicapped Assn | DECEMBER 4 Canadian Blood Services |

1st Wed each Month | 4pm - 7pm | Caboto Hall
Pay at the Door for Dine In or Takeout: 519-252-8383

Giovanini Caboto Club | 2175 Parent Avenue

Pasta Night—first Wednesday of the Month—Caboto Club

Join us Wednesday, June 5 when BIAWE is hosting the event.

Lots of home made baked goods for sale too! 4:30—7:00 pm

Mark you calendars for the first Wednesday of each month for the Caboto Club's "Charity Pasta Night".

BIAWE is a recipient of the funds generated by this monthly event.

The Caboto Club shares the sales of the \$15 pasta dinners with twelve (12) charities including BIAWE.

Out in the Community

Staff at BIAWE have been busy in the community—attending outreach programs at the Essex Senior Fair and the Kingsville Senior Fair.



Rachel Olsen (administrative assistant) Kingsville



Reem Khanafer (nursing placement student and Mooku Hser (client services) in Essex

Causes of ABI in Children (Ontario Brain Injury Association 1992-2003)

MVC—47.3%

Bicycle—13.2%

Anoxia—13.2% (lack of oxygen)

Illness—11%

Fall- 6.6%

Sports—5.5%

Save the Date

GOLF TOURNAMENT

2024

Thursday, September 19, 2024



Kingsville Golf and Country Club
640 County Road 20



519-981-1329
Email: info@biawe.com
Web: www.biawe.com

Sponsorship Packages available.

BIAWE Volunteer

My name is Debbie Boose.

I am and have been a caregiver for my husband Alan since June 28, 1996, when he sustained a TBI (traumatic brain injury) at his place of work, almost 28 years ago.

We have had to arrange our whole family's lifestyle while I was still holding down a full-time job until my retirement almost 3 years ago, raising two small children (at the time of the accident) and still be active in our community and working with organizations and events.

BIAWE has monthly caregiver and survivor meetings, which are key to opening up and sharing with others in similar situations to give guidance and support where needed.

There is a great need for outreach to those who are unaware of the resources that could be provided. At our meetings we pass on any information to newcomers to help them along their journey. You are not alone!

I volunteer for many events and gatherings, helping with the golf tournament (a major fundraiser), Christmas parties, special events with guests and attend monthly pasta dinner nights and run bingos (2 other fundraisers).

I am happy that I am able to be more involved with all the programs and events since my retirement and enjoy sharing experiences with both survivors and caregivers.

It has been a pleasure to be involved with BIAWE for most of the 28 years. We've met fellow survi-

Memory—Reminders

Memory loss/difficulty is a common complaint among those living with a brain injury. We understand that many clients/members intend to attend support group meetings and socials but often forget.

You can opt to receive a text/phone call or email on the day you want to attend a program if you register first. Once registered on-line, the group facilitator will contact you by your preferred method to remind you of the event that day. (except Coffee Chats)

For Art Class—art@biawe.com

For Music Class—music@biawe.com

For You Are Not Alone—goals@biawe.com

For Survivor Social—social@biawe.com

For Caregivers Group—goals@biawe.com

For Young Adult Support Group—social@biawe.com

For Pediatric Caregivers Support Group—psg@biawe.com



You Are Not Alone Peer Support Group– zoom

This is a free support group for individuals living with acquired brain injury aged 18+ years and their family and friends. Talk with others about things you care about and get information and support that can help you.

The benefits of joining a support group include:

- ◆ Feeling less lonely, isolated or judged
- ◆ Reducing distress, depression, anxiety or fatigue
- ◆ Talking openly and honestly about your feelings
- ◆ Improving skills to cope with challenges
- ◆ Enhancing self-esteem
- ◆ Promoting lifelong good mental health

Join Danielle Bridges MSW on zoom at 7:00 pm. Email goals@biawe.com for more information and to get a reminder message.

Tuesday, April 9—Motivation

Tuesday, May 14—Summertime Activities to Stay Active

Tuesday, June 11 –Let’s Talk About Ourselves

Pediatric Caregivers Peer Support Group

As a parent of a child living with an acquired brain injury (ABI), you play a key role in helping others understand your child. Your involvement is pivotal to their recovery and return to home and school activities. Your child’s ability to cope with their brain injury depends on many factors, including their skills, intellect and personality. Learn from other parents who can understand some of what you are going through with assistance from the social worker.

These meetings are held on Saturdays at **10:00 am** at 1100 University Ave. W. Email psg@biawe.com to get a reminder message and for more information.

Saturday, April 20 -Common Brain Changes and Supportive Techniques

Saturday, May 18 - Caregiving and Brain Injury

Saturday, June 15— Parenting Challenges

Children’s ABI Peer Support Group

This facilitator led support group is for children who live with an ABI and their school aged siblings. Children will be with others who understand them. They will learn to cope and develop strategies for dealing with changes as a result of their brain injury. They will be supported by other children and a social worker. Play is involved. Refreshments are provided.

These meetings are held on Saturdays at **10:00 am** at 1100 University Ave. W. Email psg@biawe.com to get a reminder message and for more information

Saturday, April 20 - All about Me

Saturday, May 18 - Fun with Feelings

Saturday, June 15—Caring for Me





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Our Specialist-Led Interdisciplinary Team

is committed to advancing the care of concussion, pain and neurological disorders. From testing and diagnosing to conducting treatment, we treat a physical, cognitive, emotional and sleep-related symptoms, under one roof.

**CONCUSSION
IS NO LONGER
INVISIBLE**

Cognitive

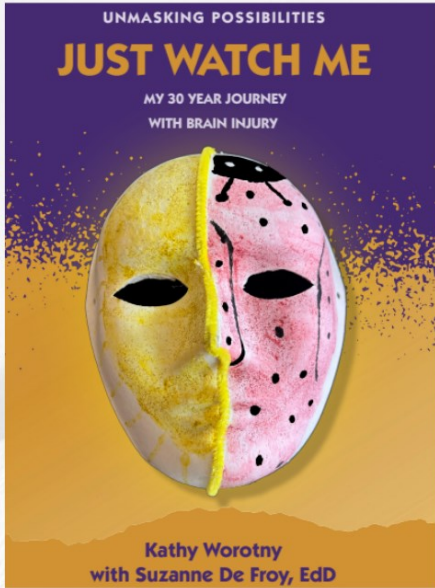
Physical

Sleep

Emotional

1.888.550.5508

www.myiscope.com



BOOK LAUNCH

Kathy Worotny's story provides hope for survivors of trauma and their Circle of Care. A holistic approach for healing unfolds, revealing the brain's amazing ability to heal itself through neuroplasticity. Testimonials include medical professionals who offer insight into her winding journey of setbacks that became filled with opportunities for growth.

Meet the authors in
April's Garden
located at
Hospice - 6038 Empress, Windsor,
on
Saturday, April 20th
from
2:00 PM to 4:00 PM

FOR MORE INFORMATION
CONTACT:

suzanne.defroy@gmail.com



KATHY WOROTNY

DR. SUZANNE DE FROY EdD



519-981-1329
Email: info@biawe.com
Web: www.biawe.com

Annual General Meeting and Volunteer Appreciation Night—April 24, 2024

Join us for BIAWE's annual general meeting—a chance to get an update on what happened at BIAWE in 2023. If you're a dual member of OBIA (Ontario Brain Injury Association) and BIAWE as of April 10, you are eligible to vote in the election of the Board of Directors.

After the short business meeting, we will honour our volunteers—those who have been offering their services to assist us. We have volunteers who work at the bingos, which raises substantial funds to pay for the programs and services we offer. Other volunteers attend programs and assist the coordinators at the meetings. Still others assist in our fundraising events such as the Duelling Pianos, the Golf Tournament and our annual ABI Conference for Healthcare Professionals.

We will also be honouring the volunteer of the year award with the “Mission Possible” trophy.

A light meal will be provided, so we need to know if you are coming.

Email event@biawe.com to register.

Annual ABI Conference—Save the Date—October 5, 2024

This year's conference will focus on brain injuries through the lifespan. It is a full-day conference to be held at Hotel Dieu Grace Healthcare, in the Brown Auditorium. Stay tuned for more information



Survivor Socials

Research shows that strong social ties stimulate attention and memory, and help to build neural pathways. You may be laughing and talking, but your brain is hard at work. This increase in mental activity pays off over time.

Email social@biawe.com to register and get a reminder call.

Meetings are at 1100 University Ave. W at 7 pm unless otherwise noted.

Monday, April 22 - Crock-A-Doodle Stay tuned for change in time and further info

Monday, May 27—Trivia Night

Monday, June 17 (New Date) - Sculpture Garden Tour (change of venue)

Art Classes

There is increasing evidence that art enhances brain function by impacting brain wave patterns, emotions, and the nervous system.

1. It builds fine motor skills and neural connections
2. It enhances creative abilities and encourages imagination
3. Improves communication
4. Boosts self-esteem
5. Builds connection and community

Join artists **Christine Paris and Rachel Olsen** in creating your own masterpiece.

All classes are held at 1100 University Ave. W. (3 blocks east of Crawford) at **7:00 p.m.**

Email: art@biawe.com to register and receive a reminder.

Thursday, April 18 - Painting Mandalas

Thursday, May 16 - Drawing a Flower Wreath

Thursday, June 20 - Painting with watercolour the flower wreath (from May)



Here's what our clients say about the Art Class:

"I feel like I'm using my creativity. I look forward to this every month. As soon as I find out what the date is, I tell people 'I can't do anything that night. I have art class'". - K

"It brings out my creativity. It's very relaxing. I really look forward to it." - D

"I look forward to it every month. When I read the newsletter, the specific thing that I look for is the art class." - D

"I really enjoy it. It helps me relax. It helps me with my self-esteem. My last brain surgery had taken my self-esteem away, and this gives me a boost." - J

"I find it very relaxing and I enjoy being around everyone. It gives us another chance to hang out with people during the month." - R



WUNDER O'BRIEN

Personal Injury Law



Wunder O'Brien Personal Injury Law is committed to the provision of excellent legal representation for those who have suffered injuries and losses due to a serious personal injury or the death of a loved one. Wunder O'Brien is known for professionalism, innovative strategies, and results.

Jerry F. O'Brien is an experienced and respected advocate for injured people. He is a member of the Law Society of Upper Canada, Canadian Bar Association, Kent County Law Association, Essex County Law Association, Court Liaison Committee, Ontario Trial Lawyers Association, Association of Trial Lawyers of America, and the Advocates' Society, where he served on the Board of Directors from 1996 to 1999, as well as a Director of the Brain Injury Association. He was also a member of the Southwestern Regional Committee of the Joint Committee on Court Reform.

Martin Wunder (1931-2015) was a pioneer in personal injury law, author, lecturer, and respected advocate. His achievements continue to be honoured by Ontario Trial Lawyers Association and the University of Windsor Law School through awards and bursaries to young lawyers and law students.

We look forward to the opportunity to assist you regarding personal injury matters.

Wunder O'Brien Personal Injury Law

Phone: (519) 252-1121

Fax: (519) 256-1621

Jerry O'Brien: jobrien@lawojs.com

Legal Assistants:

theresa@wunderobrienlaw.com

diane@wunderobrienlaw.com

rachel@wunderobrienlaw.com

Thank you for sponsoring our 2023 BIAWE Golf Tournament and our 2023 Annual ABI Conference.

Peer Support and Mentoring Program

Partner - You will have the opportunity to learn from someone “who has been there” and can offer you guidance and support based on their own personal experience living with ABI.

Support is provided to you via the telephone or internet, based on your preference so you can participate in the comfort and privacy of your home.

Mentor - You have the opportunity to help others by sharing your experience by providing support and information to your partner who has a similar lived experience.

You will have comprehensive training in your community to match with a Partner.

This is a free program available to any person with an acquired brain injury (ABI) and to a caregiver (family or friend) of a person with an ABI.

To register, call 519-981-1329 for a short intake to match you up with someone who has your shared experience.



Sunshine Calls

This program consists of regular brief social contact and talk therapy – a mental first aid. This is meant to be short term and does not require any formal contract.

It consists of empathetic conversation, referrals for higher risk situations by providing evidence-based therapy to people with mild symptoms of depression or anxiety.

It is designed to improve outcomes for our clients who live with an acquired brain injury by providing early intervention opportunities, improve their knowledge, reduce stigma and boost confidence, combat loneliness, improve mental health, recognize when people may need a referral to more formal treatment, help survivors keep medical appointments and stay in therapy.

It will bolster skills of leaders and mentors already trusted in the community and build a compassionate community by training people who may be invested in a person’s recovery and can help with treatment.

If you’re interested in having someone call you regularly, or if you want to be a sunshine caller, please contact Mooku at clientservices@biawe.com or call 226-346-4305.



Young Adult (18 to 30 years) Peer Support Group

Young adults meet to discuss their experiences, share ideas and provide emotional support for each other.

Participation can help you develop new skills and learn to deal with problems and issues related to your brain injury. Socialize with others who understand and are non-judgmental.

Everything that takes place within the support group is confidential.

Second Wednesday of each month 7:00 on zoom except where noted.

Email social@biawe.com to get on the email list for the zoom link.

Wednesday, April 10—Coping Skills

Wednesday, May 8—Healthy Hobbies

Wednesday, June 12—Outing (more info later)



Young adults enjoying their ice-cream at the social in July.

Caregiver Peer Support Group

This group is for parents, siblings, spouses, and friends who care for someone living with an acquired brain injury. This is a drop-in in-person program.

Why come to this group?

1. improve your coping skills
2. enhance your sense of empowerment and control
3. reduce your stress and rate of clinical depression
4. learn more realistic expectations
5. access to practical advice
6. facilitate your loved one staying at home longer

These monthly group meetings are held at 1100 University Ave. W. at 7:00 pm. (the same time as the Survivor Social). Email goals@biawe.com to register and get a reminder.

Monday, April 22

Monday, May 27

Monday, June 17 (new date)



Step Ahead Newsletter

Step Ahead is published four times each year and is circulated primarily in Windsor and Essex County. A copy of the current newsletter is posted on the website. Older newsletters are archived on the website.

Advertising revenue helps cover the cost of this vital means of communication about brain injury with our members, professionals in the brain injury field and the general public.

By choosing to be an advertiser your ad will appear in two newsletters per year.

| | <u>SIZES</u> | <u>PRICE</u> |
|----|-----------------------------------|--------------|
| A) | Newsletter Sponsor (for the year) | \$500 |
| B) | Full Page (8 1/2 in x 11 in) | \$150 |
| C) | 1/2 Page (8 1/2 in x 5.5 in) | \$75 |
| D) | 1/4 Page | \$50 |
| E) | Business Card | \$30 |

DEADLINES: September 15 (for fall newsletter), December 15 (for winter newsletter) March 15 (for spring newsletter) and June 15 (for summer newsletter)

The best format for ads is electronic (GIF, JPG, TIF BUT NO PDF), sent as an e-mail attachment. Camera ready black and white material is also acceptable. We do not accept faxed documents. If you choose business card size, please ensure your card with larger version of graphics can be scanned clearly into the computer.

Thank you for your order and for supporting the Brain Injury Association of Windsor & Essex County.

Full payment is due with your order. Order and pay on-line at www.biawe.com/newsletter and email your ad to event@biawe.com.

Advertising Policy

BIAWE welcomes advertising in the "Step Ahead". Advertisers may not imply that their products/services or memberships is an endorsement by BIAWE or its directors or staff. No advertisement will be accepted for publication until a completed, signed Order Form is received. BIAWE reserves the right to refuse publication of any advertisement.

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To unsubscribe to the newsletter send email to unsubscribe@biawe.com

Volunteer Opportunities

Committees—Board Committees include Fundraising, Education, and various subcommittees such as: Golf Tournament, Butterfly Lane Project, Helmets for Kids, and ABI Conference.

Sunshine Callers—Make a friendly check up call to those living with ABI.

Bingo—Received training by the province if you're 18 years of age or older and provide two hours of volunteering at All Star Bingo for a session. Sign up for dates your are available.

Other Opportunities throughout the Year—fundraisers, outreach, socials, exhibits. These often occur during the daytime and requires your own transportation.

To volunteer go to volunteer@biawe.com or visit our website and complete the application on-line.

Membership Benefits

For one annual membership fee, individuals and families can become members of both the Brain Injury Association of Windsor and Essex County (BIAWE) and the Ontario Brain Injury Association (OBIA).

Application forms can be found online at: <http://obia.ca/dual-membership-application-form/>

Why should you become a member of BIAWE?

- You can vote at the annual meetings for BIAWE and OBIA and run for the Board of Directors
- You will receive a one year subscription to the "OBIA Review" - the official publication of the Ontario Brain Injury Association. It's full of information about the latest in brain injury research, stories and supports.
- You will have free access to OBIA's resource library.
- You will be eligible for a discount on most of OBIA's training programs.
- Your voice will be heard both locally and provincially.
- Discounts on some BIAWE sponsored events and socials where there is a cost.
- Invitations to special events

Annual Fees for Dual Membership

| | |
|------------------------------------|------|
| Individual | \$30 |
| Family (2 or more at same address) | \$50 |
| Subsidized (please enquire) | \$5 |
| Complete the OBIA online survey | Free |

Survivors can participate in an on-line survey - **Membership free for one year** - go to the OBIA home page to find the survey

[Ontario Brain Injury Association](#) | [Education, Awareness, & Support](#) | [OBIA](#)



OUR MISSION

To enhance the lives of residents of Windsor and Essex County affected by acquired brain injury through education, awareness and support.

Phone: 519-981-1329
E-mail: info@biawe.com
www.biawe.com