

## Support Groups

Peer support groups give clients, and their supporters, the opportunity to engage with others in the brain injury community and explore a variety of topics.

Groups offer a safe space to share their experiences, expand their social networks, increase confidence and self-esteem, and try new things.

### For Clients

SABIS offers weekly 90 minute support groups for brain injury survivors.

Group offerings change on a quarterly basis to allow clients to meet and interact with peers, explore topics surrounding wellness, participate in activities and make community connections.

### For Supporters & Companions

SABIS offers ongoing support to supporters or companions of brain injury survivors.

The purpose of our supporter and companion groups is to provide a safe space to share your experience, learn from others, and grow in your role while maintaining your personal wellbeing.

For more information please phone 403-521-5212 or email [sabis@sabis.ab.ca](mailto:sabis@sabis.ab.ca)

## Get Involved

There are a number of ways you can support SABIS.

### Volunteer

SABIS values collaboration and individuality. If you have a skill or idea you would like to share, let us know!

SABIS hosts and participates in events that require volunteers to be successful. If you are interested in volunteering, please contact 403-521-5212 or visit [www.sabis.ab.ca](http://www.sabis.ab.ca)

### Donate

For more information about how to donate to SABIS, visit [www.sabis.ab.ca/getinvolved](http://www.sabis.ab.ca/getinvolved)

### Stay In Touch

For up-to-date information, please subscribe to our mailing list and follow us on Facebook, Instagram, and Twitter.

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**MAKING LIFE  
EASIER FOR  
BRAIN  
INJURY  
SURVIVORS  
AND THEIR  
SUPPORTERS**

Connect with SABIS:



## About SABIS

SABIS began in February of 1985 as a family support group. Caregivers joined with community members and individuals working in social services to discuss the lack of information and support available to those supporting adults with acquired brain injuries.

SABIS is a registered non-profit and is part of the Alberta Brain Injury Initiative. We are proud to offer lifelong supports and services while promoting open and inclusive communities for all persons, regardless of the severity of their brain injury.

## Eligibility Criteria

- You are 18 years of age or older
- You live within the Calgary region
- You do not receive services funded by Persons with Developmental Disabilities (PDD)
- You are a Canadian citizen or Permanent Resident
- You can provide medical documentation of your brain injury
- You do not have a progressive disease such as Alzheimer's or Dementia

## What does SABIS do?

SABIS provides individualized, life long, guidance and support for brain injury survivors and their supporters through service coordination, support groups, education, and awareness.

### Service Coordination

SABIS clients are connected with a Service Coordinator who can offer a wide variety of supports based on individual needs.

Service Coordinators can provide:

- Assistance with applications or referrals including:
  - Income support programs such as AISH, Income Support, and CPP-D
  - Administration of the AISH Benefits Trusteeship Program
  - Housing
  - Food security
  - Transportation services
- Information about brain injury, the effects of brain injury, and strategies for coping with challenges
- Establishing community connections

### Education and Awareness

Upon request, we deliver presentations to community groups and social service organizations. We provide insight into the causes and effects of acquired brain injuries, and can tailor the information to your needs.

## Apply for Services

SABIS services are available on a self or professional basis.

Application forms can be found online at [www.sabis.ab.ca](http://www.sabis.ab.ca) or may be requested by phone, email or fax. For more information, please phone 403-521-5212 or email [sabis@sabis.ab.ca](mailto:sabis@sabis.ab.ca)

### Membership

SABIS offers annual membership to the society. Membership provides the opportunity to participate and vote in society meetings.

Annual Membership Costs:

- Individual - \$10
- Family - \$15
- Professional - \$20
- Non-profit Agency - \$20
- Corporate - \$100

Please note that membership is not required to become a client.