



BRAINWAVES NEWSLETTER



***SABIS MAKES
LIFE EASIER
FOR BRAIN
INJURY
SURVIVORS
AND THEIR
SUPPORTERS.***

IN THIS ISSUE...

We have information about our upcoming **peer support groups** and **community events**. There is information on **important upcoming dates** and a **special thanks** to those who have supported us throughout the year.

THANKS A BUNCH!

BRACKO HOME- PARADE OF TREES

During the month of December, SABIS had the pleasure of being invited back to Bracko Home to participate in their 3rd annual Parade of Christmas Trees in support of the Calgary Food Bank along with several non-profits and charities. Thank you to everyone who contributed donations to support this great cause!



Tara D. Pipella | Derek Allchurch | Kimber R. Pipella



PIPELLA LAW



Patricia M. Gutek

Lorena A. Murphy

Dan Thorn



Tara D. Pipella is rated as a leading practitioner in the area of personal injury and is consistently recommended.

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(6 blocks from the LRT line - Park Plus street parking, daily parking at Best Western across the street)
Call (403) 660-9383 after hours!

- Free consultation and hospital visits;
 - Home visits;
 - No Fee unless recovery;
 - Assistance with securing medical aid; and
 - We only act for the injured, not the insurance company.
- Brain Injury;
 - Severe Spinal Cord Injury;
 - Quadriplegia;
 - Paraplegia;
 - Hemiplegia;
 - Wrongful Death; and
 - Permanent Disabilities including (Fractures, TMJ, Chronic Pain, Post-Concussive Syndrome and PTSD).

*English & Punjabi spoken and professional translators available upon request!



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SABIS VOLUNTEERS

SABIS WOULD LIKE TO RECOGNIZE THE FOLLOWING SELFLESS INDIVIDUALS WHO HAVE MADE TIME TO SUPPORT US BY VOLUNTEERING. WE COULDN'T DO WHAT WE DO WITHOUT YOU. THANK YOU!

- TERRY AVRAMENKO
- ALLISON PARDER
- MEGHAN MUTRIE
- JASON KAZLOW
- HEATHER COVEY
- STEPHANIE BARRETT
- JOSH NAUD
- MEGHAN MAIANI
- ALLAN BOSS
- JONATHON SCHWAIGER
- KAREN SCHWAIGER
- KEVIN SCHWAIGER
- TOM CAMPBELL
- AELIOT BLACKWELL
- MEGAN JUSTASON
- JEFF JUSTASON
- UILLIAM JUSTASON
- TARA PAISLEY
- RHONDA ANDERSON
- ROBERTA HARRIS

CURIOUS ABOUT HOW SUPPORT SABIS BY VOLUNTEERING?

ARE YOU READY FOR A V.I.P. EXPERIENCE?

You can help to make a difference in the lives of brain injury survivors and their supporters! We are looking for superhero volunteers to join our **Very Important Presence** program.



For more information on how to become a super VIP, please email us at sabis@sabis.ab.ca

IMPORTANT DATES

February 7- Spring group registration opens

February 14- Happy Valentines Day!

February 19- Family Day, Office Closed

February 29- Supporter Connections Begins

March 21- Winter groups end

March 22- Spring group registration deadline

April 1- Easter Monday, Office Closed

April 9- Spring groups begin

May 8- Summer group registration opens

May 20- Victoria Day- Office closed

Newsletter Advertising Rates			
Full Colour Ad	Full Page	1/2 Page	1/4 Page
One Issue	\$500	\$300	\$150
Full Year (4 Issues)	\$1500	\$800	\$500



Supporter Connections

The Southern Alberta Brain Injury Society is offering a free 5 week support group for supporters of Brain Injury and Stroke Survivors.

Bi-weekly virtual sessions
Thursday Evenings
6:30-7:30PM
beginning February 29th, 2024

For more information or to register, please contact Anna
403-521-5212 ext. 5
annalise@sabis.ab.ca



SABIS GROUPS - ACCESS CALGARY FAQ'S

If you are a Calgary Transit Access customer, it will remain your responsibility to book your trips. SABIS recommends setting up a permanent (weekly) booking and asks that you do not book trips outside of the times listed on your group confirmation letter.

Why did SABIS stop booking Calgary Transit Access trips?

SABIS stopped booking Calgary Transit Access trips for groups due to policy changes by Calgary Transit Access.

What is a Permanent Booking?

A Permanent Booking is a booking that can be made for weekly trips exceeding 6 weeks. Participants can phone Access one time to set up their trips for SABIS groups instead of having to call on a weekly basis.

Why does SABIS recommend Permanent Bookings?

SABIS recommends Permanent Bookings to ensure participants' rides are consistent, to avoid disruptions and missing group, and for safety reasons. SABIS is provided a Daily Trip Sheet report which allows us to see who is arriving by Access and at what time. If a ride is booked outside of a certain time, the individual is not included in the report and we do not know you are coming.

How do I set up a Permanent Booking?





Contact Calgary Transit Access 403-537-7777 and ask to set up a permanent booking. The times you should request are listed on your group confirmation letter.

SABIS Peer Support Group Information and Acknowledgment

SABIS is proud to offer a variety of peer support groups on a weekly basis with most of the groups being led by peer facilitators with lived experience.

Due to an increase in demand for SABIS services, including support groups, SABIS has made changes to the registration process to ensure participants are given the opportunity to attend groups in line with their goals or interests.

As indicated on the Group Registration forms, regular attendance is required. If you are unable to commit to attending regularly, please consider attending the Drop-In group or waiting for the next semester to register. Participants who regularly register and do not attend will not be placed in groups.

The Group Registration Form now indicates if a group is Social , Activity Based , Information Based , or Skill Building . Please use this information to select groups in line with your interests. If you have questions about groups, please speak to your Service Coordinator.

Please read and initial each line below prior to selecting group choices on the attached registration form.

- I understand that groups are not first come, first served and that completing a registration form does not guarantee a spot in a group. _____ (Initial)
- I understand that regular attendance is required and that my registration for groups will be discontinued if I am frequently absent without cause (ie. illness) _____ (Initial)
- I am willing to engage and participate to the best of my ability in group. _____ (Initial)
- Participants are responsible for their own personal care. Supporters are asked to remain in lobby during group times. _____ (Initial)

Client signature/Guardian Signature

Date

NAME:

PHONE:

EMAIL:

Please complete the following question before making your top 3 group selections




I am looking for a group that is (Check all that apply):




Social 





Activity Based 



Information Based 




Skill Building 



Wellness Group *Online*   
Tuesday, April 9th -June 11th 10:00-11:00 am
 Online Wellness includes a variety of topics that promote health and wellbeing.

Practical Wellbeing   
Wednesday, April 20th-June 12th 10-11:30 am
 With self-care as a foundation, we will talk about using strategies and practical skills to increase overall wellbeing.

Book Club    
Tuesday, April 9th -June 11th 10:00-11:30 am
 Join us for a weekly discussion focused on a portion of the book. Benefits include increased memory/comprehension and improved reading/writing skills. Final two classes are dedicated to watching the movie based on the book.

Think Together Men's Group  
Thursday, April 21st-June 13th 10-11:30 am
 This group is for male identifying individuals to discuss topics including well-being, relationships, and dealing with day-to-day difficulties.

Creative Expression   
Tuesday, April 9th -June 11th 1:30 – 3:00 pm
 This group offers a safe and relaxing space for participants to create and explore different artistic styles and mediums.

Drop In  
Wednesday, April 20th-June 12th 1:30-3:00 pm
 Spend an afternoon with other survivors and be prepared to have fun!
 *Registration is not required for the Drop-In group; however, you must be a SABIS client.

EMERGENCY INFORMATION **We will not accept forms without completed Emergency Information**

Emergency Contact Name (please print):

Relationship:

Home Phone:

Cell Phone:

Allergies/medical conditions:

Medication for emergency use (e.g., EpiPen):

You must be an active SABIS client to join or attend groups. Groups require regular attendance; frequent absence will result in removal from the group. Group confirmation letters will be sent by mail.

****The DEADLINE to register is March 22nd, 2024****

If you have any questions, email sabis@sabis.ab.ca or call 403-521-5212 and press 2 to leave a message.



WINTER DROP-IN GROUP

**SPEND AN AFTERNOON WITH FELLOW
SURVIVORS.**

**NO REGISTRATION IS NECESSARY.
HOWEVER, YOU MUST BE A SABIS
CLIENT TO ATTEND.**



**WEDNESDAYS
STARTING
JAN-17-MARCH 20TH
1:30PM-3:00PM**

**PLEASE NOTE, THAT THERE WILL NOT BE A
FACILITATOR PRESENT IN THIS GROUP.
IT IS UP TO PARTICIPANTS TO BUILD
RELATIONSHIPS AND MAKE CONVERSATION**

SUPPORTING SABIS

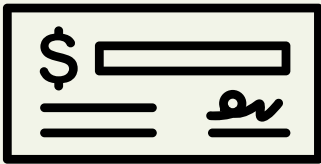
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

YOUR SUPPORT MAKES A DIFFERENCE

HELP US MAKE LIFE EASIER FOR BRAIN INJURY SURVIVORS AND THEIR SUPPORTERS

- Approximately 70% of our work is helping brain injury survivors live as independently as possible in the community by linking them to supports, services and programs in the Calgary region.
- About 20% of our work is facilitating weekly support groups for survivors of acquired brain injury.
- The remaining 10% focuses on educating the public and other agencies about the causes and effects of acquired brain injury, its effects on individuals, families and the community.
- SABIS advocates for open and inclusive communities for all persons, regardless of the severity of their brain injury. Travel along the road to recovery can be challenging. Your donation makes a difference in the lives of brain injury survivors and their families.

HOW TO SUPPORT



***CHEQUES CAN BE SENT TO THE SABIS OFFICE:
140 - 301 14TH ST NW, CALGARY, AB, T2X 2A1***



***DONATE ONLINE USING A CREDIT CARD VIA CANADA HELPS.
VISIT [HTTPS://WWW.CANADAHELPS.ORG/EN/DN/12815](https://www.canadahelps.org/en/dn/12815)***

**FIND MORE WAYS TO SUPPORT SABIS BY VISITING OUR WEBSITE AT:
WWW.SABIS.AB.CA/GETINVOLVED**

SABIS is a Canadian registered charity authorized to issue official tax receipts for income tax purposes for all donations. To review our annual charitable registration with Canada Revenue Agency, please go to CRA's list of registered charities. Our legal name is: Southern Alberta Brain Injury Society. Our charitable registration number (BIN) is: 10799-5714 RR 0001
SABIS does not sell or share its lists of private and corporate donors, volunteers, members or clients to any person or organization, for any reason whatsoever. SABIS does, however, recognize its volunteers and donors at society events, in our quarterly newsletter and in our annual report. If you would like a copy of our annual report, please contact us.