



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**, **information on current SABIS Fundraisers**, **important upcoming dates** and a **special thank you** to those who have supported us throughout the year.

A Message from the Executive Director



April showers (and snow storms!) bring May flowers. As we head into the warmer months there are a few beautiful, tasty, and sudsy ways to support SABIS services and programs.

SABIS is excited to brighten up indoor and outdoor spaces with our first Growing Smiles fundraiser. For more details and to submit your order see page 4.

In addition to beautiful flowers to brighten up your space, SABIS has been collaborating with **Haywire Dry Rubs** who have created a certified gluten free, sugar free, low sodium, no MSG rub made in Canada for all your BBQ needs.

With the roads in better condition, we encourage everyone to visit **Juniper Creek Naturals** in High River. Juniper Creek Naturals has partnered with SABIS and created a citrus hill scented soap with a portion of the proceeds supporting SABIS programs.

As we head into the summer months and summer groups, SABIS would like to remind participants and their supporters that **SABIS does not provide personal care and has a no lift policy.** Individuals attending groups must be able to attend to their personal care needs independently or have a caregiver attend with them. For safety reasons, if an individual is not able to attend to their personal needs or experiences a fall and is unable to safely stand on their own EMS will be called to assist.

Thank you to everyone for your continued support,
Anna

Tara D. Pipella, K.C. | Derek Allchurch | Kimber Pipella



Patricia M. Gutek | Dan Thorn

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

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- 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.

*English, Mandarin, Punjabi, Hindi, Malayalam, Urdu, Russian and Ukrainian spoken and professional translators available upon request.

- Brain Injury;
- Severe Spinal Cord Injury;
- Quadriplegia;
- Paraplegia;
- Hemiplegia;
- Wrongful Death; and
- Permanent Disabilities including (Fractures, TMJ, Chronic Pain, Post-Concussive Syndrome and PTSD).

Growing Smiles Fundraiser

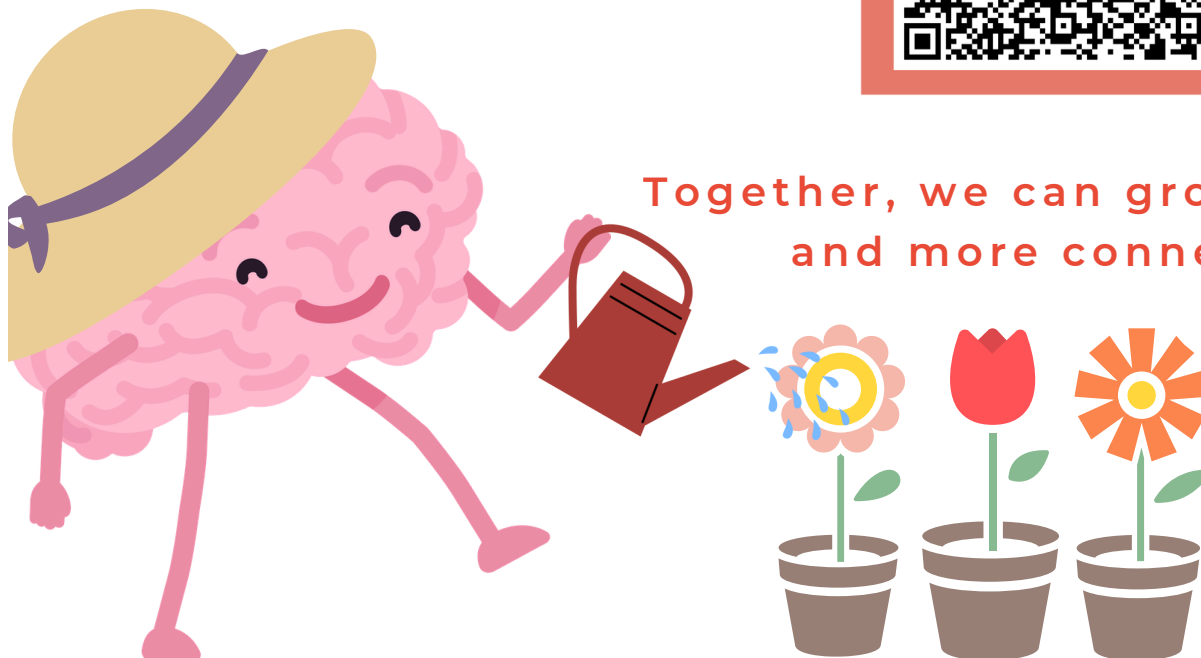
Bring home beautiful plants and help make a real difference in our community.

From now until May 21st, every purchase supports making life easier for Brain Injury Survivors and their Supporters.

**Scan to order yours
today!**



**Together, we can grow stronger
and more connected.**





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JUNIPER CREEK *Naturals*



SABIS is excited to share our collaboration with Juniper Creek Naturals- a local business that creates natural soap made with natural ingredients.



Starting April 1st, 2026 you can purchase a bar of "SABIS soap" for \$10

\$2 from every bar will be donated directly to SABIS for one year, helping support our programs and services.

These bars can be purchased at their store "Juniper Creek" in High River at 601 1 St SW.

Support a small local business, give back to SABIS, and treat yourself—all with one simple purchase.





Get ready to shout "BINGO!"

Join us for a fun-filled, play-by-donation evening of Bingo, all in support of SABIS.

Every game played helps make life easier for Brain Injury Survivors and their Supporters.

To book your reservation,
email reservations@bornbrewing.co

**MAY 7
2026**

**BORN BREWING
414 36 AVE SE #3
CALGARY**

**7:00
PM**

CALLING ALL COOKS!

We are excited to announce a partnership with Haywire Dry Rub!

Through his own TBI journey, Greg and his family realised the gaps in supports and have partnered with SABIS, donating a portion of proceeds to help survivors and caregivers.


Haywire Dry Rub began as a wellness pivot during the pandemic, a way to cut sugar and sodium without losing flavour when a sleep walking accident leading to a traumatic brain injury changed everything but Greg's determination and dream.

Haywire Dry Rub is **certified gluten-free, sugar free, low sodium, no MSG and made in Canada**

Follow on social media to order and for tasty recipes!

 Haywire Dry Rub

 @haywiredryrub

 haywiredryrub@gmail.com



**WEBISTE
COMING SOON!**

WWW.HAYWIREDRYRUB.CA

IMPORTANT DATES

May 2026

- May 7- SABIS x Born Brewing Bingo Fundrasier
- May 14 – Office closes at 3pm
- **May 18- Victoria Day, Office Closed**
- May 21- Group registration deadline
- May 21- Growing Smiles Fundraiser deadline
- May 28- Spring Groups End

June 2026

- Brain Injury Awareness Month
- June 23- Summer groups begin

July 2026

- **July 1- Canada Day, Office Closed**
- July 30- Summer Groups end
- July 30 – Office closes at 3PM

August 2026

- **August 3- Heritage Day, Office Closed**
- August 5- Summer Newsletter Distributed

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

SABIS GROUPS - FAQ'S

Will SABIS book my Calgary Transit Access trips for groups?

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.

When will I find out if I am in my selected group?

Confirmation letters are sent out the week following the group registration deadline.

How many groups can I be in at one time?

To ensure groups are accessible to as many participants as possible, participants are placed in one group per semester.

Does SABIS provide personal care?

SABIS does NOT provide personal care of any kind. Individuals attending groups must be able to attend to their personal care needs independently or have a caregiver attend with them. For safety reasons, if an individual is not able to attend to their personal needs or experiences a fall and is unable to safely stand on their own, EMS will be called to assist.

I am on the waitlist for group. When will I know if a space opens?

SABIS will contact participants on waitlists as soon as a space in their chosen group is available. SABIS cannot guarantee that a space in their chosen group will become available.





Should you have any questions or concerns about groups, please contact your service coordinator.

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:



PREFERRED CONTACT METHOD: 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 
- Skill Building 

Outdoor Creative Group  
Tuesday, June 23 – July 28 10-11:30 am
Enjoy a morning of garden and outdoor themed crafts. Activities include planting, creating birdhouses, and other projects that beautify our outdoor spaces.

Drop In Group  
Wednesday, June 24– July 29 10-11:30
Join us for an afternoon of fun and connection with other Brain Injury Survivors. Registration for this group is **NOT** required, however you must be an active participant to attend.

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 email.

****The DEADLINE to register is May 21, 2026****

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

SABIS VOLUNTEERS

NATIONAL VOLUNTEER WEEK (APRIL 19-25)

National Volunteer Week is a special time to recognize and celebrate the incredible individuals who give their time, energy, and passion to support SABIS.

SABIS would like to recognize and thank all of the folks who have volunteered their time and efforts to support our fundraisers, events, and office needs. We could not do this work without you.

Thank you all for making a difference.





Terry is one of our volunteers who plans and facilitates our men's peer group. Terry's calm and reliable presence is valued and appreciated.

Juju is one of our volunteers who has assisted with facilitating our peer recreation group. We value and appreciate Juju's kind and adaptable presence.



Trish is one of our volunteers who assists with facilitating our peer recreation group. We value and appreciate Trish's enthusiasm, support, and dedication.





INTERESTED IN VOLUNTEERING?

**HELP MAKE
LIFE EASIER
FOR BRAIN
INJURY
SURVIVORS
AND THEIR
SUPPORTERS!**

**WHAT YOU CAN
HELP US WITH**

Events

Group Facilitation

Social Media Content Creation

Education and Awareness

Thank you for supporting
SABIS

APPLICATIONS CAN BE COMPLETED ONLINE AT

WWW.SABIS.AB.CA

SUPPORTING SABIS

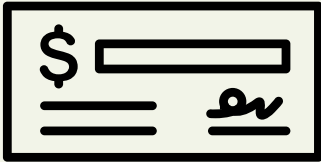
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

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.