



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

A Message from the Executive Director

It seems like summer just arrived and we are already preparing for fall!

I would like to start by my gratitude to everyone who supported SABIS through our Growing Smiles plant fundraiser. Our group space was filled with beautiful flowers waiting to bring some color to their new homes. I would also like to express my appreciation to our volunteers who helped organize and assist people with their orders, we couldn't have done this without you.



As a small organization, SABIS relies heavily on collaboration and support from the community and we need you now.

The SABIS board helps support the organization and shape the future ensuring we are here for years to come. Board Members use their experience, expertise, and passion to help SABIS do what we do best-*make life easier for brain injury survivors*. If you have a few hours and ideas to share, please consider [joining the SABIS board](#).

On behalf of the SABIS team, we wish you a great rest of your summer and look forwarding to you when groups are back in full swing in the fall semester.

Warm Regards,
Anna

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



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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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).



Ethan Rioux (he/him) **Service Coordinator**

My name is Ethan and I am happy to say that I am the newest Service Coordinator here at SABIS! While I recently moved from Lethbridge to Calgary, I was raised in Calgary for most of my life and I am very happy to be back in this wonderful city.

I completed my education at the University of Lethbridge where I graduated with a degree in sociology. I have spent the last couple of years working in the social services sector, working with at risk youth as a Youth and Family Counsellor and adults with disabilities as a Community Support Worker. Through my previous work, I have completed training in Mental Health First Aid, Trauma Informed Care, and Therapeutic Crisis Intervention.

I am a very social person who is always willing to lend a helping hand. I am honored to be working with the amazing team at SABIS, and I am eager to meet everyone who walks in through the door.

Outside of the office, I like to spend my time either playing games, building puzzles, or watching my favourite hockey team, the Colorado Avalanche. I currently have no pets, but I am a big fan of cats and look forward to adopting in the future.

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.

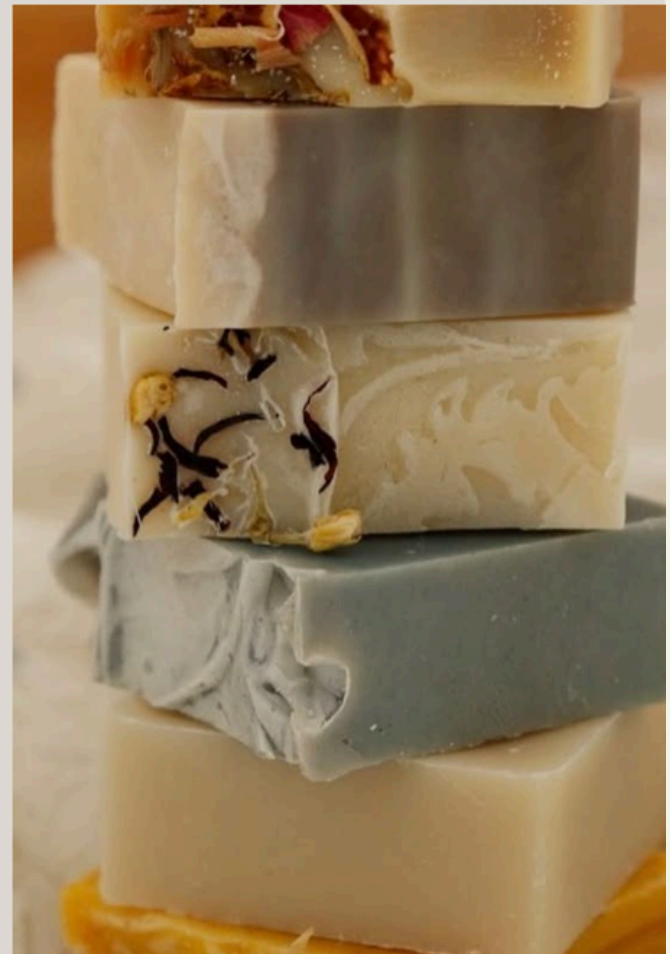


Starting April 1st, 2026 you can purchase a bar of "SABIS soap" for \$10

\$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.





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Information Session with Caregivers Alber ta!

Join us for valuable insights and support!

**SABIS Group
Room**

140 301-14th St NW

September 10

6:30 PM

RSVP by September 1 to
courtney@sabis.ab.ca

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

AUGUST 2026

- AUGUST 3- HERITAGE DAY, **OFFICE CLOSED**
- AUGUST 5- NEWSLETTER DISTRIBUTED

SEPTEMBER 2026

- CONCUSSION AWARENESS MONTH
- SEPTEMBER 3- GROUP REGISTRATION DEADLINE
- SEPTEMBER 3 – OFFICE CLOSES AT 3PM
- SEPTEMBER 7- LABOUR DAY, **OFFICE CLOSED**
- SEPTEMBER 22- FALL GROUPS BEGIN
- SEPTEMBER 30- NATIONAL DAY FOR TRUTH AND RECONCILIATION, **OFFICE CLOSED**

OCTOBER 2026

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- OCTOBER 6-15- **NO GROUPS**
- OCTOBER 8 – OFFICE CLOSES AT 3PM
- OCTOBER 12- THANKSGIVING DAY, **OFFICE CLOSED**
- OCTOBER 15-16- ALBERTA BRAIN INJURY INITIATIVE FORUM, **OFFICE CLOSED**
- OCTOBER 19 – 22 INVISIBLE DISABILITIES WEEK
- OCTOBER 29- NEWSLETTER DISTRIBUTED
- OCTOBER 29 – WORLD STROKE DAY

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 - ACCESS CALGARY 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 
☐ Information Based  ☐ Skill Building 

☐ **Wellness Group *Online***   
Tuesday, September 22 -November 3
10-11:00am
Online Wellness includes a variety of topics that promote health and wellbeing.

☐ **Recreation Group**  
Wednesday, September 23-November 4
10-11:30 am
Spend the morning with other survivors and be prepared to have fun! Activities include word games, bingo and trivia.

☐ **Creative Expression**    
Tuesday, September 22-November 3
1:30-3:00pm
This self led group offers a safe and relaxing space for participants to create and explore different creative styles and mediums with new projects presented weekly.

☐ **Think Together Men's Group**  
Thursday, September 24-November 5
10-11:30 am
This group is for male identifying individuals to discuss topics including well-being and relationships.

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):

If participants cannot complete personal care independently, a support person is required to accompany them in order to attend SABIS groups.

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 September 3, 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

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!

- TRISH FOWLER
- TERRY AVRAMENKO
- JUJU
- CORMAC
- MEHERAB

 SABIS Southern Alberta Brain Injury Society	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

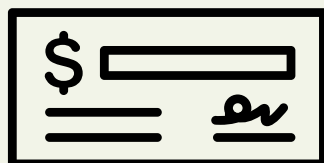
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

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.