



In This Issue



**BRAIN INJURY CANADA
COURSES (WITH
PROMO CODE)**



**2026 LIFE
SATISFACTION, MENTAL
HEALTH AND
COMMUNITY
INTEGRATION
QUESTIONNAIRES**



**NEW: 11TH EDITION
ACQUIRED BRAIN
INJURY INFORMATION
AND RESOURCE
PACKAGE**



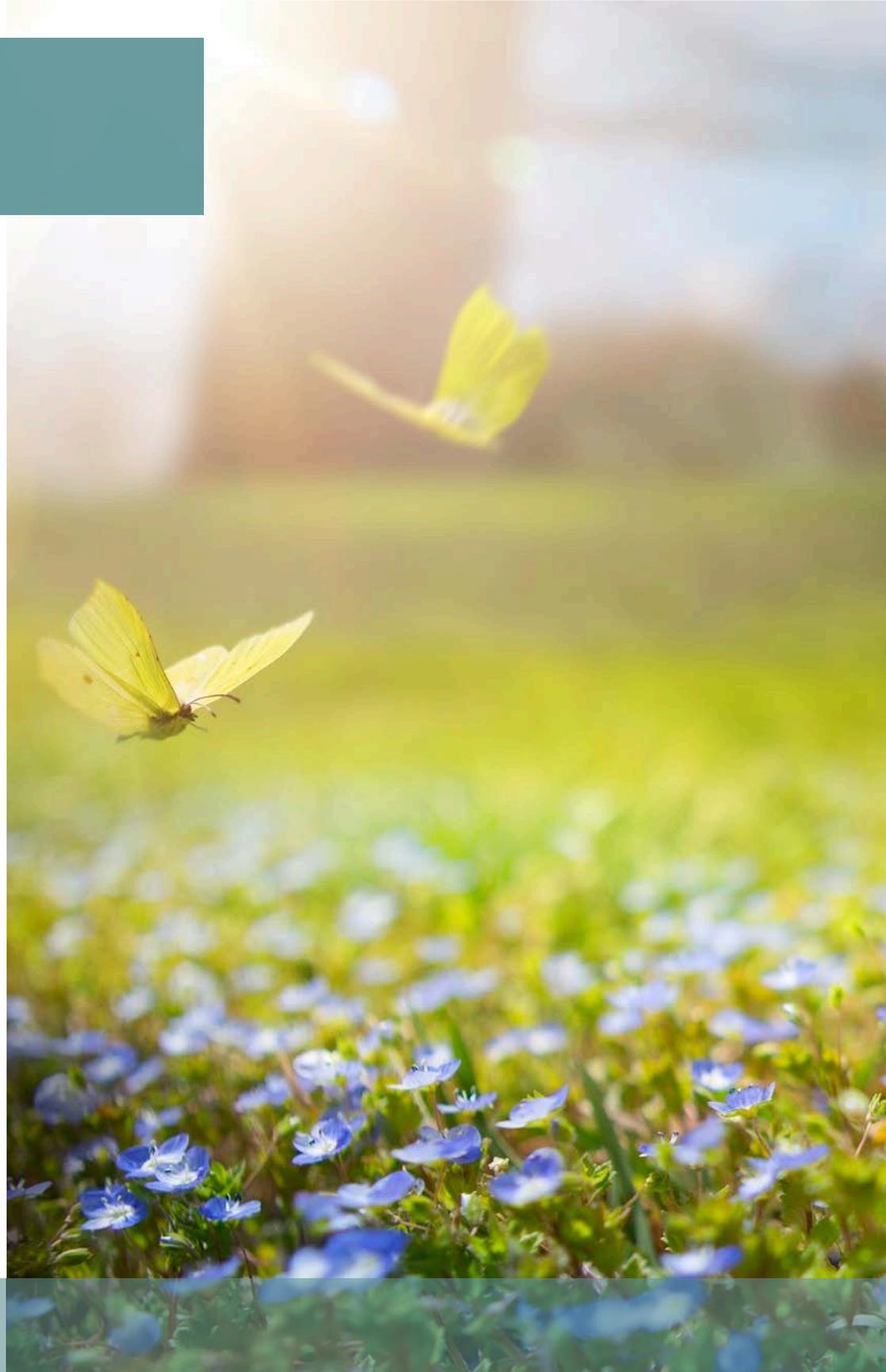
**UNDERSTANDING
BRAIN INJURIES IN
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**REEL RECOVERY -
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Drop In's & Groups

These are some of FVBIA's regular programs and groups. Contact programs directly (below) for details and eligibility criteria or the FVBIA main office at 604-557-1913 or info@fvbia.org

Abbotsford Mission

Drop-In

Wed 1:00 – 3:00 p.m.
& Fri 11:00 – 2:00 p.m.
103 – 2776 Bourquin
Cres. W. Abbotsford
Contact Communitas
604-850-6608

Pay it Forward

(Walking Group, Yoga,
R n' R, Community
Kitchen, etc.)
Contact: 604-897-1563

Coffee & Chat

Contact: 604-897-1563

Art & Photography

Contact 604-897-1452

Chilliwack

Drop-in

Tues 10 am-1:00 pm &
Thurs 11:00 am-2:00 pm
45825 Wellington St.
(Presbyterian Church)
Contact 604-792-6266

In the Now Support Group

Contact 604-557-1913
Toll-free 1-866-557-1913

Art Groups

Contact 604-799-2044

Hope

Community Leisure Program

Wed & Fri
1:00 p.m. – 3:00 p.m.
366A Wallace St. Hope
Contact 604-869-7454

Remote Groups

Health & Wellness Group

Contact 604-557-1913

Langley

Coffee & Chat Group

Contact 604-557-1913

Fraser Valley Services & Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected!

Contact info@fvbia.org or 604-557-1913 for more information.

In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of acquired brain injury: <https://www.fvbia.org/criteria-for-services/>.

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Mill Lake Walking Group - Abbotsford
3x/week
- Community Kitchen
- Health & Wellness (virtual) group
- Gentle yoga
- Art, jewelry, photography and craft classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Healthy Aging
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups (Abbotsford & Langley)
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI
- Corrections Liaison program (virtual)
 - 4 - week ABI & Substance use education groups for inmates

FVBIA Staff Emails

- Freddy O'Brien: info@fvbia.org
- Joy Scobie: ijoyscobie@gmail.com
- Esther Tremblay: esther.tremblay@fvbia.org
- Wendy Kodama: wendy.kodama@fvbia.org
- Taryn Reid: treid@fvbia.org
- Jasneet Singh: Jasneet.singh@fvbia.org
- Victoria O'Brien: victoria.o'brien@fvbia.org
- Francisco Rojas Stone: francisco.rojasstone@fvbia.org

Upcoming Events

Please watch for emails and check our newsletters for the following upcoming events

- **TBD 2026** - PUB NIGHT (Date coming soon)
- **June 2026** - BRAIN INJURY AWARENESS PICNIC (Date coming soon)



We have partnered with Brain Injury Canada to offer their suite of online training courses specifically designed for healthcare professionals, long-term care providers, and community service providers who work with individuals living with brain injury!



Expert Information

Learn from experts providing evidence-based education.



Informed by Lived Experience

Individuals share their story, creating an informed educational resource.



Self-paced

Complete the asynchronous course on your time, at your pace.



Certificate of Completion

All registrants will receive a certificate of completion to recognize their hard work.

Topics Include

- ◀ Introduction to Brain Injury,
- ◀ Brain Injury in Long-term Care,
- ◀ Brain Injury for Healthcare Professionals
- ◀ Trauma Informed Care
- ◀ ...and many more!



Register today with promo code FVBIA10 to save 10% on all purchases!



community therapists



Need flexibility?

Community Therapists is HIRING OTs in ABBOTSFORD & CHILLIWACK

Why Us ?

- Flexibility & Great Pay
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- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 36 other OTs in a dynamic interdisciplinary practice!

Please visit our website at communitytherapists.com/careers for more information or contact Laura Doig, HR Manager at careers@communitytherapists.com

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careers@communitytherapists.com • Career Contact: 604.566.8452
 Building skills. Empowering people.
 Est. 1989



**FVBIA PROGRAM PARTICIPANTS:
YOUR INPUT MATTERS**

2026 LIFE SATISFACTION, MENTAL HEALTH AND COMMUNITY INTEGRATION QUESTIONNAIRES

At Fraser Valley Brain Injury Association (FVBIA), we are committed to continuously improving our programs and services to better support individuals within our community. As part of this commitment, we are conducting a short survey to assess the impact of our programs and identify areas for improvement.

We kindly ask you to take a few moments to complete this anonymous survey by Wednesday, April 15 2026. Your responses will remain confidential and will only be used as part of grouped data for our funders.

To complete the survey, please click the image or go to:
<https://forms.gle/XPRvZEowbkMaKHCu5> (link is case-sensitive)

A downloadable version to print is available. Please request it from info@fvbia.org or ask your case manager/program manager.

If you have any questions or concerns regarding the survey, please do not hesitate to contact us at info@fvbia.org or 604-557-1913

SURVEY CLOSES: APRIL 15 2026

Acquired Brain Injury Information and Resource Package



Eleventh Edition 2026



Fraser Valley Brain
Injury Association

NEW!

11TH EDITION
Acquired Brain
Injury
Information
and Resource
Package

Download it here:

www.fvbia.org/abi-information-resources/



Fraser Valley Brain
Injury Association

BRAIN INJURY EDUCATION PROGRAM WORKBOOK

Worksheets | Resources | Notes

NAME:

Get In Touch
With Us

604-557-1913

fvbia.org

info@fvbia.org

NEW!

NEW
EDUCATIONAL
RESOURCE
AVAILABLE

2026 Brain
Injury
Education
Program
Workbook

Download it here:

www.fvbia.org/abi-information-resources/



IMPROV FOR FOLKS WITH BRAIN INJURIES

WITH SYD CAMPBELL

FV Brain Injury Association presents an 8-week improv group starting in January with Blind Tiger Comedy.

DAYS: Every Wednesday, January 21st - March 11th

TIME: 12:30-2:30 pm

WHERE: Langley Arts Council,
26770 29 Ave, Aldergrove, BC, V4W 3B8

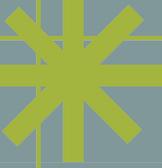
Price: FREE!

*Thanks to the support of the
Brain Injury Alliance
Dr. Gur Singh Memorial Education Fund*

To register,
email info@fvbia.org
or lauren.webb@fraserhealth.ca
or call FVBIA 604-557-1913
or Lauren at 236-332-1057

Curious to hear more?
Ask your FVBIA case manager about it!





FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership, so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas.

In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC.

The Bullpen has expanded to include art, photography, cartoons and poetry.

Editor's Note: Thank you to everyone for their contributions! Submissions may be edited for length.

FVBIA Newsletter 2026 Submission Deadlines

For upcoming newsletters, please note these deadlines for all written and photo submissions. All submissions are subject to approval, and should to be sent to info@fvbia.org.

May / June 2026 Issue

Submit by:
April 23

July / August 2026
Issue

Submit by:
June 25

Sept / October 2026
Issue

Submit by:
August 25

November / December
2026 Issue

Submit by:
October 26

January/February 2027
Issue

Submit by:
Decemer 18

Written articles & stories should be **maximum 500 words**, and submitted as a document file (i.e. Word). For photos submissions, please attach as separate .jpeg or .png file, with a Resolution of at least 72ppi.

The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA. Written submission may be edited for length, grammar and punctuation. Published advertisements or articles are not necessarily an endorsement of services.

HOW INCLUSIVE HIRING CAN UNLOCK TALENT AND BUILD STRONGER WORKPLACES

Contributor: Don Lewis



For hiring managers trying to fill roles and families supporting a loved one after a brain injury, work can feel like a closed door that never fully explains itself. Employment barriers often hide in plain sight, applications that punish slower processing, interviews that reward speed over skill, and assumptions about reliability, leaving many job seekers with disabilities stuck outside.

That's how the disability employment gap stays wide, even when capable people are ready to contribute. Naming these inclusive hiring challenges is a practical step toward workforce diversity and fair chances at work.

Understanding Disability Inclusion at Work

Disability inclusion means removing barriers so people can contribute in the ways they work best. It also means building an inclusive workplace culture, where asking for help is normal and respect is consistent, not a special favor.

Since disability affects more than 1 in 4 (28.7%) adults in the United States, these practices support far more people than many teams realize.

Reasonable accommodations are practical changes that help a qualified person do the essential parts of a job with equal employment opportunities. For adults living with brain injury, that can turn daily work from constant strain into something sustainable. For families, it means less crisis-management and more steady progress.

Think of it like adding a ramp to a building entrance. The ramp helps wheelchair users, but it also helps someone with a stroller or a heavy cart. Accessible hiring steps and disability awareness training work the same way by lowering pressure for everyone.

With the basics clear, it gets easier to choose hiring structures that make belonging real.

Put Supports in Place: 8 Employer Moves That Work

Inclusive hiring works best when it's built into your everyday systems, not handled as a last-minute "special case." Here are employer moves that create real access and reduce stress for everyone, including adults living with brain injuries.

1. Start with an accessible website and application: Make careers pages easy to navigate with a keyboard, clear headings, strong contrast, and simple language. Offer an alternative way to apply (email, phone, or a short form) so applicants aren't blocked by fatigue, vision changes, or slower processing speed. If you post videos, include captions and a text summary so people can review at their own pace.

2. Review job descriptions for "must-haves" vs. "nice-to-haves": Go line by line and cut requirements that don't truly matter day one (like unnecessary degrees, years of experience, or "fast-paced multitasker"). Describe the outcomes of the role, not personality traits, and add a sentence inviting accommodation requests during hiring. This aligns with disability inclusion basics: focus on the essential duties and how the work gets done.

3. Build an inclusive recruitment process with human checkpoints: Standardize interview questions, share them in advance when possible, and offer choice in format (video, phone, or in-person). Be careful with automated screening: real-world examples of AI recruitment show that AI can be biased and unintentionally filter out great candidates. A simple fix is a weekly 30-minute recruiter review of "rejected" applications to catch false negatives.

4. Budget for accommodations before anyone asks: Create a small, visible line item (even a starter fund) so managers don't feel they need to "make a case" each time. Set a clear internal response time, like acknowledging requests within 2 business days, and document what's been approved so future requests are easier. This takes reasonable accommodations out of the realm of favors and puts them into routine planning.



5. **Offer a “soft start” onboarding plan:** For the first 30–60 days, use written checklists, shorter training blocks, and regular pauses for questions. Pair the new hire with a buddy who can quietly explain unwritten rules like meeting norms or where to find templates. For many people after brain injury, consistency and repetition reduce anxiety and improve follow-through.
6. **Create disability-focused internship or return-to-work pathways:** Build a structured trial period with a clear schedule, a limited set of tasks, and a defined feedback routine (for example, a 15-minute check-in twice a week). Pay interns when possible and set a realistic goal like “learn the workflow and complete two core tasks independently.” This is a supportive bridge for candidates rebuilding confidence and stamina.
7. **Add career planning opportunities that don’t require self-advocacy skills:** Offer quarterly career conversations with a simple worksheet: strengths, stress triggers, helpful supports, and one skill to build. Make pathways visible, what skills lead to a different role, what training is available, and how performance is measured. When expectations are written down, employees don’t have to guess.
8. **Use belonging “micro-supports” that cost little and matter a lot:** Normalize quiet spaces, meeting agendas sent ahead, and permission to take notes or request summaries. Teach teams a respectful script like, “Do you want that repeated, written down, or slowed down?” Small habits like these reduce stigma and make accommodation conversations feel ordinary.

When supports are planned, clear, and respectful, it becomes much easier to sort out which accommodations fit best, which worries are myths, and which skill-building steps can open new doors.

Inclusive Hiring Questions, Answered

Q: How can employers create a supportive and inclusive work environment for new hires with disabilities to reduce feelings of being overwhelmed and socially isolated?

A: Set a calm, predictable rhythm early: clear priorities, written expectations, and a go to person for quick questions. Make connection easier by offering small-group introductions and optional social time that is not tied to performance. When teams treat support as normal, new hires spend less energy masking and more energy learning.

Q: What practical steps can organizations take to make their hiring processes more accessible and welcoming for candidates with cognitive challenges?

A: Keep steps simple and transparent: fewer clicks, fewer rounds, and a timeline candidates can rely on. Offer interview choices such as phone or video, allow extra processing time, and share prompts ahead so people can prepare without panic. This is part of workplace and application processes that aim for true access.

Q: How might budgeting for reasonable accommodations help both employers and employees feel more confident and less uncertain about workplace integration?

A: A pre-set fund turns accommodations into routine planning instead of a stressful negotiation. Employees feel safer asking early, and managers can respond quickly with fewer delays and doubts. That matters because many people who requested accommodations still face pushback, which can increase anxiety.

Q: What role do internship or mentorship programs play in providing structure and reducing anxiety for new employees with disabilities?

A: They create a low-pressure bridge with a defined schedule, clear tasks, and frequent feedback, which reduces uncertainty. A mentor can translate unspoken workplace norms and help troubleshoot stress triggers before they snowball. The result is steadier confidence and a smoother path to long-term employment.

Q: What options are available for someone with a brain injury who wants to gain new skills and direction through flexible, supportive learning opportunities to improve their job prospects?

A: Start by choosing a short, structured course with predictable weekly goals and replayable lessons, then build toward a certificate or degree if it feels sustainable. Those exploring pursuing a computer science degree can also use the same step-by-step approach to keep learning manageable. Ask for learning supports up front, such as extra time, note-taking help, or reduced course loads. Pair learning with a vocational counselor, workforce program, or disability services office so career direction feels less overwhelming.

Small, steady supports can unlock talent and make work feel possible again.

Inclusive hiring actions you can check off today to make it feel doable:

This checklist turns supportive intentions into steps you can follow, even when brain injury impacts energy, memory, or processing speed. Families can use it to spot what “good support” looks like and advocate with confidence.

- ✓ **Publish job posts with plain-language duties and essential requirements**
- ✓ **Offer application formats that work on mobile and with assistive tools**
- ✓ **Share interview topics early and allow extra response time**
- ✓ **Provide a single contact person for questions and follow-ups**
- ✓ **Budget accommodation funds and document a simple request process**
- ✓ **Train interviewers on bias, fatigue, and communication differences**
- ✓ **Build onboarding with written steps, routines, and check-in moments**

Small, practical changes open doors and help people stay and thrive.

Stronger teams through inclusive hiring and everyday accessibility

Hiring can feel risky when workplaces aren't built with different abilities in mind, and that uncertainty can quietly keep talented people out.

An inclusive hiring mindset, backed by employer commitment to accessibility, shifts the focus from “*Can they fit here?*” to “*How can we make this work?*”

When that happens, the benefits of inclusive hiring show up in steadier teams, better problem-solving, and a more supportive culture, while empowering employees with disabilities to do their best work. Inclusion grows when access becomes a habit, not a favor.

Choose one item from the checklist to improve this week and share it with the people involved.

Over time, a long-term inclusion strategy strengthens workplace diversity and builds resilience for everyone.





FVBIA's Pay It Forward: Health & Wellness Programs

FVBIA has an active “Pay It Forward: Health and Wellness for ABI” program. The FVBIA team offers several different components of this program that all focus on rebuilding one’s sense of self after an acquired brain injury and improves their overall mental and physical well-being. This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community, etc.

FVBIA's Pay it Forward Program offers a variety of activities including art, walking groups, In the Now group, Coffee & Chat groups, Health & Wellness group, Healthy Aging etc. Things are always changing so please contact FVBIA staff directly for more information and details about locations and times. For general inquiries, contact info@fvbia.org or 604-557-1913.

Health & Wellness Virtual Group

Attend via zoom with Kinesiologist and FVBIA case manager Taryn Reid on Thursday afternoons from 2:00 - 3:00pm.

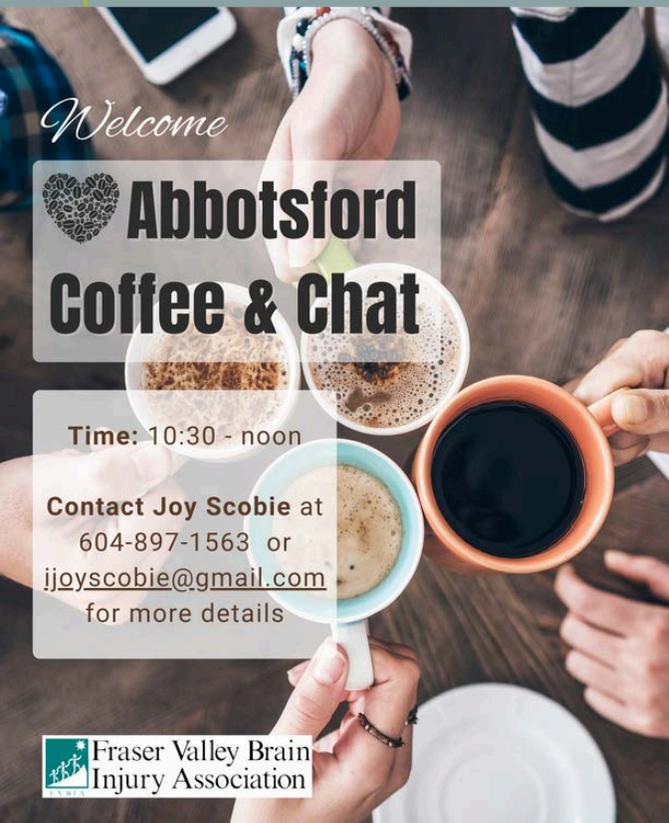
This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics. For more information or suggestions for topics, contact your case manager or Taryn Reid at treid@fvbia.org



Funding for the Pay it Forward program is provided by ICBC, the Brain Injury Alliance, and Soroptimist International of Abbotsford Mission. We also acknowledge the financial support of the Province of British Columbia.



Coffee & Chat Groups



Welcome

Abbotsford Coffee & Chat

Time: 10:30 - noon

Contact Joy Scobie at
604-897-1563 or
ijoyscobie@gmail.com
for more details

Fraser Valley Brain
Injury Association

Abbotsford Coffee & Chat

Join us in our spacious boardroom for coffee and a chat.

This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

Days: Mar 10 & 24, Apr 7 & 21, 2026

Time: 10:30 a.m. until noon

Place: FVBIA Boardroom, 201 – 2890 Garden Street
Abbotsford, BC

For more info AND to confirm your attendance, please call Joy at 604-897-1563.

Please note that the "R 'n' R" ("Relax and Revive") has merged into the Abbotsford Coffee and Chat

***** FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you.**

Langley Coffee & Chat

Join us at Timms Community Centre (20399 Douglas Crescent) for Langley's Coffee and Chat!

This is a great opportunity to meet other survivors and chat.

Group members must be eligible for FVBIA services, so please contact your case manager or Taryn Reid at treid@fvbia.org for details regarding dates and times.

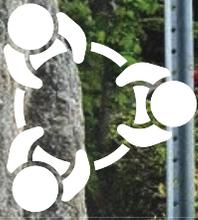


Welcome

Langley Coffee & Chat

Timms Community
Centre (20399
Douglas Crescent)
Hosted 1x/month
Contact Taryn Reid
at treid@fvbia.org
for further details
regarding group
dates and times

Fraser Valley Brain
Injury Association



Group Activities

Please note that the "R 'n' R" ("Relax and Revive") has merged into the Abbotsford Coffee and Chat

Mill Lake Walking Group

"Pay It Forward": Health & Wellness for ABI Program

Join us for a relaxing walk around beautiful Mill Lake!

DAYS: Mondays Wednesdays Fridays

2 MEETING PLACES (ABBOTSFORD):

2 P.M. - Bourquin Entrance benches

2:15 P.M. - Mill Lake Road Dock



Fraser Valley Brain Injury Association and Archway Community Services present a Community Kitchen

Learn how to cook safely and nutritiously.
Get ideas for simple meals that are easy to make.
Prepare delicious meals that you can take home to enjoy!

DAY: Tuesday, March 31, 2026

TIME: 1 to 3 p.m.

PLACE: Archway Community Services
in The Old Court House at
33780 Laurel Street, Abbotsford

TO REGISTER, please contact Joy at 604-897-1563.

SPACE IS LIMITED.

Funding is provided through the Brain Injury Alliance, ICBC and the Province of British Columbia.

***** FVBIA cannot guarantee 1:1 staff at activities.**

If you require 1:1 care, you must bring a support person with you.



Information about Telecare



Telecare Crisis & Caring Line offers compassionate, confidential support to anyone in Canada. Trained volunteers and staff help people navigate life's toughest moments—depression, loneliness, family struggles, faith questions, addiction, and more.

How We Help

- Phone Support: 1-888-852-9099 (3pm–9pm, 7 days/week)
- Live Chat: Fridays & Saturdays, 5–11pm (click the blue chat icon at www.telecarebc.com)
- Faith-friendly, non-judgmental care
- Confidential and anonymous conversations

Why use Telecare?

- To not struggle alone.
- To connect with a compassionate person.
- To find hope for the day
- To get referrals for additional help.

Ready to talk?

Call 1-888-852-9099 or chat live
Fridays & Saturdays, 5–11pm.

—
For agencies to contact us:
Public Relations
Kayla Bock
Kayla.Bock@telecarebc.com

Admin Office
Bill Strom
604-852-4058
admin@telecarebc.com
PO Box 8000-451, Abbotsford, BC V2S 6H1

Website
www.telecarebc.com

Social Media
[Facebook](#)
[Instagram](#)



Fri & Sat | 5-11pm

Feeling anxious, lonely, or stuck in your thoughts? Telecare's Chat line provides free, confidential, and anonymous chat support for youth.



Understanding Brain Injuries in Children

(Editor's contribution)

Brain injuries in children – especially traumatic brain injuries (TBIs) like concussions – are a significant public health issue in Canada. According to national health data, head injuries and concussions are the most commonly reported injuries among Canadian children and youth aged 1–17, frequently occurring during sports, play, and physical activity.

A brain injury occurs when the brain is damaged by an external force (e.g., a bump or blow to the head) or by internal causes. In children, the most often encountered form is mild traumatic brain injury, commonly called a concussion.

Concussions happen when the brain is shaken within the skull after a fall, collision, or impact during play or athletics. Children's developing brains and thinner neck muscles make them particularly vulnerable and often slow to recover compared to adults.

Common causes of pediatric brain injury include:

- Falls (especially in toddlers)
- Sports and recreational impacts
- Bicycle or scooter accidents
- Motor vehicle collisions
- Abuse, including shaken baby syndrome in infants

Symptoms can be physical, cognitive, emotional, or sleep-related.

They may emerge right away or over hours to days after injury. Typical signs include headaches, dizziness, nausea, confusion, mood changes, or sensitivity to light and noise.

The Canadian Paediatric Society recommends careful evaluation of head trauma in children to identify those who need imaging or medical intervention. Most mild TBIs resolve without long-term effects, but recognizing significant symptoms early is essential for proper care.

For mild concussions, rest – both physical and cognitive – is often the first line of recovery support. Environment modification, reduced screen time, and close observation can help the brain heal.

Research in Canada continues to improve understanding of how brain injury affects children's development and recovery. National studies and imaging research platforms are working to standardize care and advance treatments.

Children are not simply “small adults.” Their care must account for brain development, school participation, emotional growth, and long-term monitoring. Early identification, tailored rehabilitation, and coordinated educational support are key to optimal recovery. Children with brain injuries have unique care needs, and those needs often differ significantly from adults because children's brains are still developing.

A child's brain is still forming critical connections for learning, emotional regulation, language, and executive functioning. An injury can disrupt skills that have already developed and interfere with skills that have not yet emerged.

Continued next page...

Understanding Brain Injuries in Children Continued...

The Canadian Paediatric Society emphasizes that symptoms may evolve over time as developmental demands increase – meaning difficulties may not appear until months or even years later.

Symptoms Look Different in Children

Young children may not be able to describe headaches, dizziness, or memory issues. Instead, signs may include increased irritability, changes in sleep, regression (e.g., toileting or speech setbacks), or school performance decline.

Emotional and Behavioural Monitoring

Brain injuries can affect mood regulation and impulse control. Children may experience:

- Anxiety
- Depression
- Increased emotional reactivity
- Behavioural challenges

Ongoing monitoring is critical, especially during major developmental transitions (e.g., starting high school).

Children are not simply “small adults.” Their care must account for brain development, school participation, emotional growth, and long-term monitoring.

Early identification, tailored rehabilitation, and coordinated educational support are key to optimal recovery. Children with brain injuries have unique care needs, and those needs often differ significantly from adults because children’s brains are still developing.

Sources:

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- <https://bcchr.ca/news/recognizing-brain-injury-quickly-can-save-lives>
- <https://bcchr.ca/news/concussion-children-and-youth-traumatic-brain-injury>
- <https://cps.ca/en/documents/position/acute-head-trauma>
- <https://skprevention.ca/safety/brain-injury/>
- <https://montrealchildrenshospital.ca/canada-pediatric-mild-traumatic-brain-injury-common-data-elements-study-mtbi-cde/>
- <https://bcchr.ca/news/concussion-children-and-youth-traumatic-brain-injury>
- *CanChild – Brain Injury / Concussion information (child-specific needs)*
- *Canadian Paediatric Society – Acute Head Trauma Guidance (pediatric assessment/management)*
- <https://cps.ca/en/documents/position/acute-head-trauma>
- *Brain Injury Canada – Resources for Families & Caregivers*
- <https://braininjurycanada.ca/en/families-caregivers/>

ICBC & PERSONAL INJURY CLAIMS



Your community law firm.™



- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
- We Cover All Costs Needed to Pursue Your Claim
- We Keep You Fully Informed Throughout Your Case
- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect For You

Langley Office #200-4769 222nd St. Langley, BC V2Z 3C1 Phone: 604-256-5954	Maple Ridge Office #203- 22471 Lougheed Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432	Aldergrove Office #100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785
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“WORKING WITH OUR CLIENTS FOR TODAY AND THE FUTURE SINCE 1997”

Healthy Recipes for Easter Brunch

Avocado Deviled Eggs

Ingredients:

- 3 hard boiled eggs cut in half
- 1 large avocado
- 2 teaspoon lime juice
- 1 teaspoon cilantro
- Pinch of garlic powder
- salt and pepper
- Sprinkle with paprika *optional*

Instructions:

1. Remove the shells from the hard-boiled eggs.
2. Slice the peeled eggs lengthwise and carefully remove the cooked yolks, placing the yolks in a mixing bowl.
3. Add the avocado to the bowl and mash with a fork until it's a smooth consistency.
4. Then add the remaining ingredients and mash stir together until blended
5. Spoon the mixture into the egg halves. Then sprinkle with paprika if desired.

Nutrition

Calories: 185kcal | Carbohydrates: 6g | Protein: 7g | Fat: 15g | Saturated Fat: 3g | Cholesterol: 186mg | Sodium: 66mg | Potassium: 387mg | Fiber: 4g | Sugar: 1g | Vitamin A: 360IU | Vitamin C: 7.7mg | Calcium: 33mg | Iron: 1mg



Caprese Frittata

Ingredients:

- 2 large eggs
- 1 Tbsp + 1 tsp whole milk
- 1 tsp olive oil
- ½ cup cherry tomatoes
- 1-1½ cloves garlic
- Salt & pepper
- ~1½ oz fresh mozzarella pearls
- ~1 Tbsp pesto

Instructions:

1. Preheat the oven to 400°. Whisk the eggs, milk, salt and pepper in a large bowl.
2. Heat the olive oil in a 12-inch ovenproof skillet over medium heat. Add the cherry tomatoes and cook, stirring, until mostly burst, about 7 minutes. Add the garlic and cook 1 minute.
3. Pour the egg mixture into the skillet, then add the mozzarella and stir well to evenly distribute. Reduce the heat to medium-low and cook, undisturbed, until the frittata is just set around the edges, about 2 minutes.
4. Transfer the skillet to the oven and bake until golden and set in the center, about 10 minutes.
5. Let cool 5 minutes in the skillet, then drizzle with the pesto.

Nutrition

Calories: 2 servings / ~450-480 kcal / Protein: ~26-28 g / Fat: ~36-38 g / Saturated fat: ~12-14 g Carbohydrates: ~8-10 g / Fiber: ~1-2 g / Sugars: ~4-5 g / Cholesterol: ~390 mg / Sodium: ~500-650 mg

FVBIA Activities & Staff Contributions

Wendy K: *“Here are a couple pics of the scarves we made this past year. There were one dozen, which we donated to Cedar Strong for the homeless. They were very happy and grateful to receive them.”*

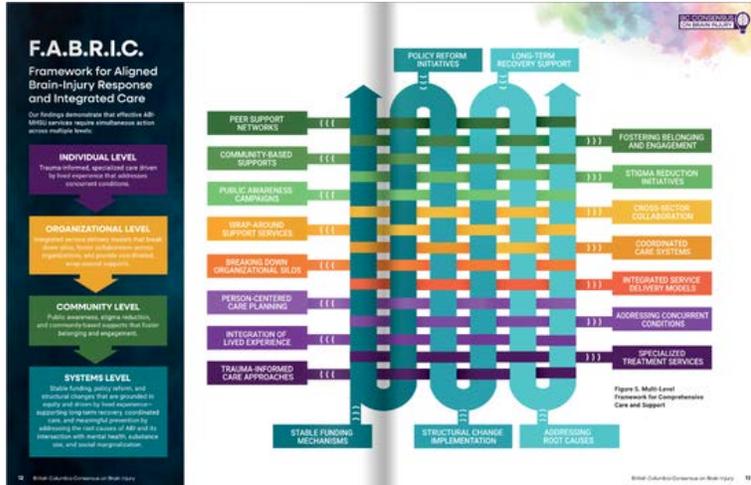


A place where individuals and families thrive, free from the weight of trauma or social barriers.

We imagine a community where people are vibrant, resilient, and feel a deep sense of belonging and connection to themselves, their loved ones, and the wider world.

From Haida Gwaii to Ottawa, UVic prof advocates brain injury research

Excerpt: <https://news.uvic.ca/2025/prof-advocates-brain-injury-research/>
By Heather Walmsley / December 16, 2025



His research team spent three years conducting participatory action research locally, to develop a *BC Consensus on Brain Injury, Mental Health and Addiction* - gathering the perspectives of survivors, health-care workers, frontline service providers, government representatives, family members, researchers, Indigenous people and other equity-deserving groups from across the province.

The published results include a new Framework for Aligned Brain-Injury Response and Integrated Care (FABRIC), integrating policy reform with long-term recovery support.

“I never in my whole life would have imagined being part of a process of informing brain injury policy development in Canada,” says Mauricio Garcia-Barrera, professor of psychology and director of the CORTEX Lab at the University of Victoria (UVic). *“It’s incredible.”*

Garcia-Barrera travelled to Ottawa in November, as part of a delegation to generate support for Bill C-206 – An Act to establish a national strategy on brain injuries.

The private member’s bill, sponsored by member of Parliament Gord Johns for Courtenay-Alberni, calls for the government to develop a national strategy to support and improve brain injury awareness, prevention and treatment. This includes supporting rehabilitation and recovery for persons living with brain injury.

“Stigma, siloed service systems, lack of funding, diagnostic failures, inadequate housing models... there are so many barriers to care for people with acquired brain injuries in Canada,” says Garcia-Barrera. *“Especially for people who are unhoused and those who have experienced opioid toxicity and/or intimate partner violence.”*

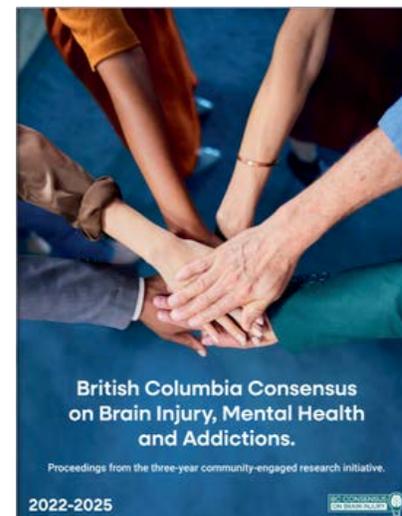
“We also developed a phenomenal tool called Decision Map,” says Garcia-Barrera. This tool gathers the evidence on brain injury interventions, in the context of mental health and substance use, and identifies the gaps.

We hope our research will guide researchers, funding agencies, and the government to develop more effective support for brain injuries.”

—Mauricio Garcia-Barrera, professor of clinical neuropsychology

Read the full article here:

<https://news.uvic.ca/2025/prof-advocates-brain-injury-research/>



Read the report here:
[Framework for Aligned Brain-Injury Response and Integrated Care \(FABRIC\)](#)

Reduced Cost Counselling Program

Chuck Jung Associates

Accepting Referrals

Chuck Jung Associates is providing a Reduced Cost Counselling Program in our Vancouver office. This service is in-person and/or via Telehealth. We are aware of the significant cost of psychological counselling, which puts this service out of reach for many.

In our Reduced Cost Counselling Program, a senior doctoral student in psychology, is supervised by a senior psychologist in our practice. Services are provided in a broad range of areas, treating problems of depression, anxiety, anger, adjustment difficulties to physical injury (e.g., chronic pain, emotional adjustment to brain injury). The cost is \$70.00 per session.

We are pleased to have doctoral student, Ms. Sarah Panofsky, MA, RCC as our therapist-student. Please see her bio below.

Also, see our weblink below for more information:

<https://www.chuckjung.com/doctoral-student-therapists/>

<https://www.chuckjung.com/services/reduced-cost-counselling/>

You can also reach us at 604-874-6754 or admin@chuckjung.com



Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120 th St. St	The Mark (North Building	201 – 45625 Hodgins Ave.	8661 201 St. (2 nd floor).
Vancouver, B.C. V5Z 1K1	Scottsdale Square Bus. Ctr	102-32625 S. Fraser Way	Chilliwack, B.C. V2P 1P2	Langley, B.C. V2Y 0G9
Tel: (604) 874-6754	Surrey, B.CV3W 3M8	Abbotsford, BC V2T 1X8	1-877-870-6754 (toll free)	Tel: (604)-874-6754
Fax: (604) 874-6424	Tel: (604) 874-6754	1-877-870-6754 (toll free)		

Other locations in Tri-Cities, Burnaby, North Shore and Richmond

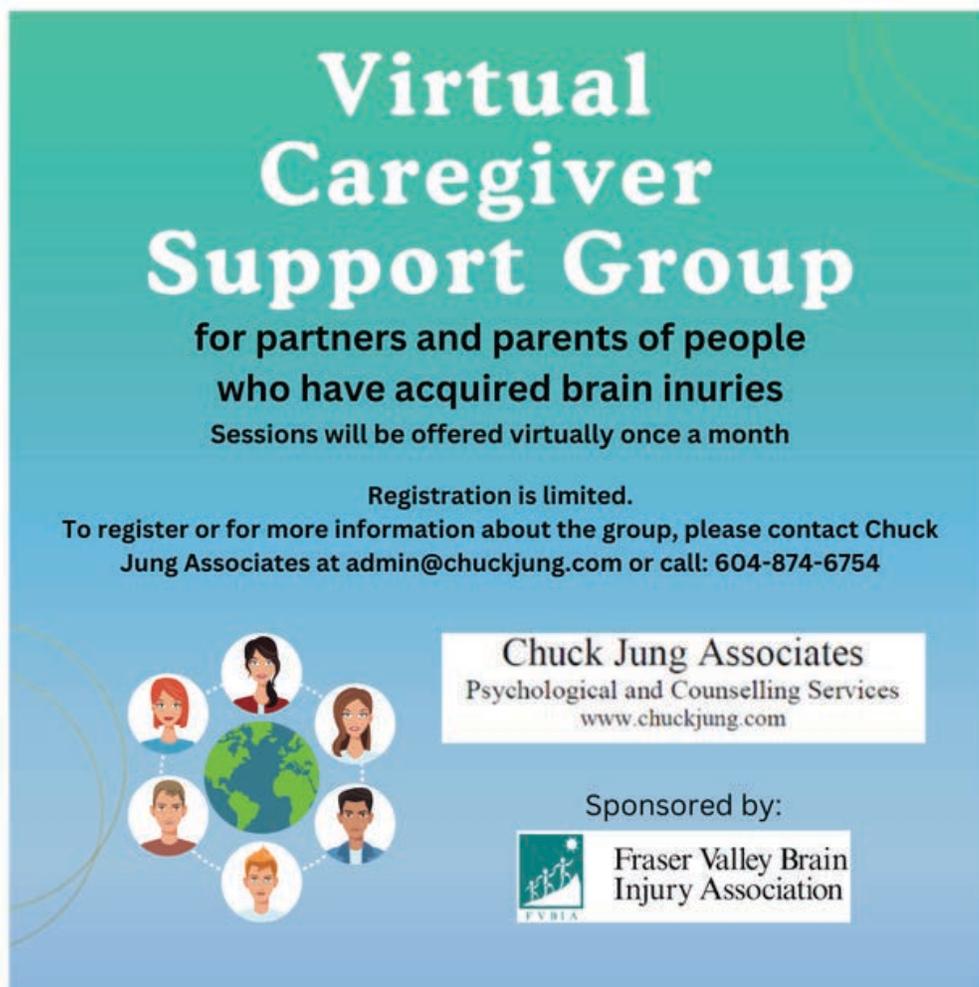
Website address: www.chuckjung.com

Contact us at one of our locations for more information or to book an appointment.

Virtual Caregiver Support Group

If you identify as a caregiver of a partner or child (of any age) of a person who has had an acquired brain injury and you are looking for some support, FVBIA and Chuck Jung Associates are offering a FREE Virtual Caregiver Support group for caregivers in the Lower Mainland.

Find out more at admin@chuckjung.com or call 604-874-6754.



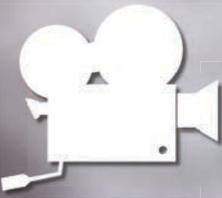
Virtual Caregiver Support Group
for partners and parents of people who have acquired brain injuries
Sessions will be offered virtually once a month

Registration is limited.
To register or for more information about the group, please contact Chuck Jung Associates at admin@chuckjung.com or call: 604-874-6754

Chuck Jung Associates
Psychological and Counselling Services
www.chuckjung.com

Sponsored by:
 **Fraser Valley Brain Injury Association**

The flyer features a central graphic of a globe surrounded by six circular icons of diverse people, symbolizing a global and inclusive support group. The background is a gradient of teal and light blue.



Reel Recovery - Films to Watch



KEVIN Pearce

A Brain Injury is Like a Fingerprint
No Two are Alike

A brain injury is like a fingerprint, no two are alike | Kevin Pearce | TEDxLincolnSquare

2017 | TEDx

10.18 minute watch

Now in competition with himself, former pro-snowboarder, Kevin Pearce, shares with us his story of suffering a traumatic brain injury. And the difference between winning then and winning now. Kevin Pearce, former professional snowboarder, is an inspirational public speaker and co-founder of LoveYourBrain LLC. He is an advocate for the prevention of brain injuries and the promotion of a brain healthy lifestyle.

Watch on:

[YouTube \(free\)](#)



NEW

**READ THE NEWSLETTER -
WIN A \$15 GIFT CARD***

We will post a question in the emailed preview version, based on content from our PDF version of our newsletter.

To enter, find the answer in the PDF version of the newsletter and email your answer to info@fvbia.org with the subject line "Win a Gift Card."

The first correct answer received will win a \$15 gift card*.

**Gift card retailer may vary. No cash value.
Contest closes once a correct answer is received.*

Pets Corner!



Kittyball



Kitty in the sun



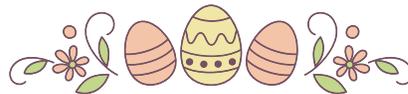
Tree in blossom at Trethewey House at Mill Lake in January (!)



A happy turtle at Mill Lake



Jack and Wrangler - Valentines day wishes



Tickling our Funny Bones

What do you call a dancing chick?

Poultry in motion

What do you get when you pour hot water into a rabbit hole?

Hot, cross bunnies.

What do you call a transformer bunny?

Hop-timus Prime.

"Knock, knock." "Who's there?" "Sherwood." "Sherwood who?"

"Sherwood like to start the egg hunt."

What do you call an Easter Bunny wearing a kilt?

Hopscotch.

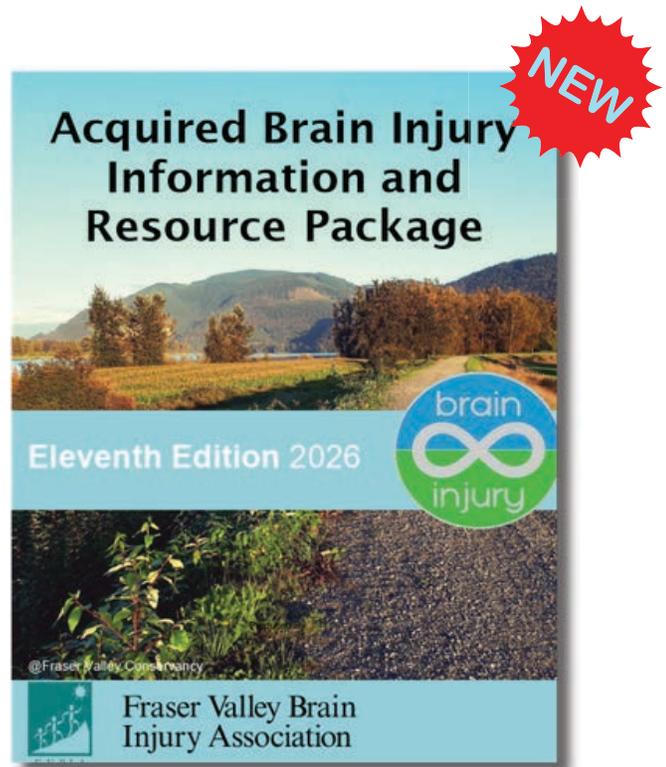
<https://www.thepioneerwoman.com/holidays-celebrations/>

ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVBIA's [Acquired Brain Injury Information and Resource Package](#) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability.

This extensive resource package is available on our website <https://www.fvbia.org/abi-information-resources/>

Advertising opportunities are still available. Contact info@fvbia.org or 604-557-1913 for details.



Hey, Healthcare Partners!
Order Your Copies of our Newest Resource!

Rehabilitation After Brain Injury brochures

brought to you by Fraser Valley Brain Injury Association

tri-fold brochure 2-sided rack card

If you are in our Fraser Valley service region from Boston Bar to Chilliwack, we will deliver these resource brochures (2 styles to choose from) **to have in your office or waiting rooms - free of charge!!**

Scan me
or go to: forms.gle/yk6FQBJ9xVhZhAbK9

NEW EDUCATIONAL RESOURCE AVAILABLE

2026 Brain Injury Education Program Workbook

Download it here:
www.fvbia.org/abi-information-resources/

Worksheets | Resources | Notes

Get In Touch With Us
604-557-1913
fvbia.org
info@fvbia.org

NAME:

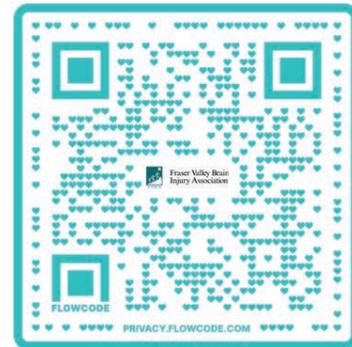
SUBSCRIBE & ADVERTISE!

FVBIA's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up. Then all you need to do is enter your name and email address.

Sign up [here](#) or contact us at info@fvbia.org

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1/4 Page:	\$75	\$225	\$450
1/2 Page:	\$100	\$300	\$600
Full Page:	\$200	\$600	\$1200

For best resolution, images, ad designs and logos should be sent as **.png** or **.pdf file attachments** (not inserted into the body of an email), at a MINIMUM of 1800 pixals / 300 dpi

Contact info@fvbia.org or call 605-557-1813 for more information.

Please see the separate schedule for submission deadlines

Disclaimer: The content of submitted articles, editorials or advertisements does not necessarily reflect the views or opinions of FVBIA and may be edited for length or fit. Advertisements or articles are not an endorsement of services.

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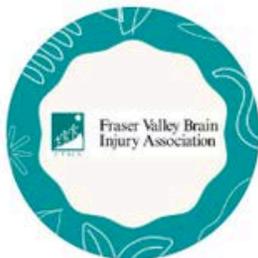


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

FVBIA's Instagram



fraservalleybrain ...

Fraser Valley Brain Injury

206 posts 348 followers 82 following

Charity Organization

FVBIA is a charitable organization that has been offering support and services to people with acquired brain injuries and their families since 1997.

fvbia.org



Follow Us!



Check out FVBIA's Instagram at www.instagram.com/fraservalleybrain/.

HOW YOU CAN SUPPORT FVBIA'S PROGRAMS & SERVICES

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs! Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.

www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs. You have raised over \$5000 since December 2018.

Fraser Valley Brain Injury Association is registered with the PayPal Giving fund, which partners with Facebook to make charitable donations simple with no deductions or fees.

You can donate here and you will get a tax receipt!

www.paypal.com/ca/fundraiser/hub

Look for us by name or by typing in the following:

paypal.com/ca/fundraiser/charity/3434455

PayPal Giving Fund Canada helps people support their favourite charities online and raise funds to benefit charities through PayPal and other technology platforms. Click on the Quick Easy Impactful logo below to check out a short video on how the PayPal Giving Fund works.

“
CanadaHelps
champions all 86,000
charities across
Canada, no matter
how big or small.

Every registered
Canadian charity has
a profile on
CanadaHelps.org,
connecting donors
directly to the charity
so donors can easily
find and donate to
them.

More importantly, we
offer an array of
powerful online
fundraising solutions
that are easy to use
and proven to
maximize donations.”



MEMBERSHIP & DONATIONS

FVBIA - John Simpson Memorial Student Award



John Simpson was the foremost leader in the development of services for people with acquired brain injury in the Province of British Columbia since 1982.

His compassion for individuals and families affected by acquired brain injury moved him to generously dedicate decades of voluntary service to improve the lives of thousands of Canadians affected by this invisible disease. He mentored countless professionals and supported the development and growth of at least a dozen agencies.

This fund offers student grants to graduating high school students in Abbotsford who have a brain injury, have been affected by brain injury in a close family member or intend to enter post-secondary education in a field that supports people recovering from brain injury.

Donate through Abbotsford
Community Foundation

https://abbotsfordcf.fcsuite.com/erp/donate/create/fund?funit_id=1160

Are you interesting in supporting Fraser Valley Brain Injury Association's work with people who have acquired brain injuries and their families?

An automatic monthly withdrawal from your credit card is a simple way to do that.

www.fvbia.org/membership-and-donations/

Contact us at 604-557-1913 or info@fvbia.org about making a monthly contribution to support FVBIA's services and programs.

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving. You can also donate here by simply clicking on the Donate button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.
CRA Number: 872023338RR0001

Thank you for your support!



Fraser Valley Brain Injury Association

201 2890 Garden St. Abbotsford, BC, V2T 4W7

Tel: 604-557-1913

Fax: 604-850-2527

info@fvbia.org

www.fvbia.org

*Funding from Fraser Health Authority Acquired Brain Injury,
Brain Injury Alliance, and the Province of BC*



Brain Injury Alliance

