



Fraser Valley Brain
Injury Association

NEWS

July / August 2026

In This Issue



BRAIN INJURY 50/50
TICKETS ON SALE NOW



2026 BRAIN INJURY
AWARENESS PICNIC -
PHOTO DIARY



HOW TO MANAGE
EVERYDAY STRESS
AFTER A BRAIN INJURY



RESOURCES FOR
CAREGIVERS:
CELEBRATING THE
UNSUNG HEROES



FREE CAREGIVER E-
COURSES FROM BRAIN
INJURY CANADA



REEL RECOVERY -
FILMS TO WATCH:
REQUIEM FOR A
RUNNING BACK

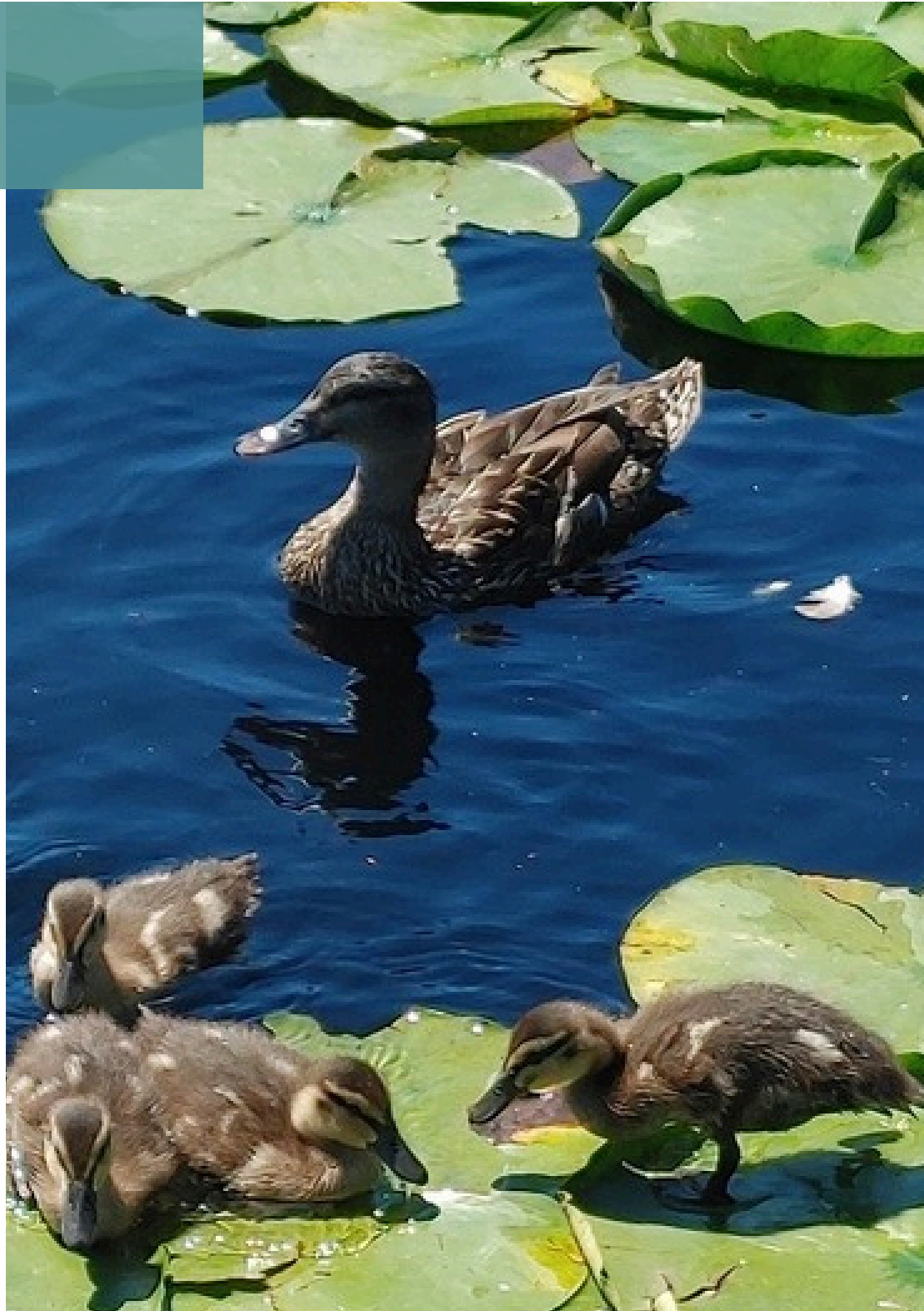


Photo contribution by Joy Scobie

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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,
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



FVBIA Art Class - Imitation Stained Glass - Judy C

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

- **Canada Day 2026 - July 1st**
- **Brain Injury 2026 50/50 Jackpot - Tickets on Sale Now!**
- **Saturday, October 3, 2026 - FVBIA PUB NIGHT FUNDRAISER**



FRASER VALLEY BRAIN INJURY ASSOCIATION

Supporting services and programs for people with acquired brain injuries in the community

BRAIN INJURY 2026 50/50 JACKPOT

WINNER TAKES HALF!

5-TICKET PACK FOR \$10
15-TICKET PACK FOR \$20



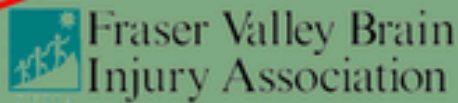
SALES DEADLINE:
THURSDAY, SEPTEMBER 19, 2026, MIDNIGHT

DRAW:
MONDAY, SEPTEMBER 28, 2026 AT 8:00 P.M.

GO TO
fraservalleybraininjury.rafflenexus.com/



SAVE THE DATE



Fraser Valley Brain Injury Association

PUB NIGHT FUNDRAISER

OCTOBER 3 2026

DOORS OPEN AT 5 P.M.

Jimmy Mac's Pub
19935 96th Avenue, Langley, BC

Tickets \$27
*includes Burger and
Beverage*

**Games and
Silent
Auction!**

Proceeds from this event support services for people with acquired brain injuries in the Fraser Valley.

Sponsors and donors are welcome!
Contact FVBIA at info@fvbia.org or 604-557-1913 for more information.

**PLEASE DRINK RESPONSIBLY. PLAN FOR A SAFE
RIDE HOME**



ABI Awareness Picnic June 2026



We Need Your Support This Year!
While we aren't hosting our Annual Golf Tournament this year, the need for brain injury support in our community hasn't changed. We are asking our amazing supporters, sponsors, donors, and community partners to help us continue making a difference in other ways.



Let us know how you, your family, friends, workplace, or business would like to help. We're happy to work with you to find the right fit.

Contact us at
info@fvbia.org or
call 604-557-1713

How can you support FVBIA?

We have some ideas!

Fundraising

Host a simple fundraiser on our behalf, such as:

- Krispy Kreme sales
- Bottle drives
- Workplace or community fundraisers
- Facebook fundraisers

Interested? We'd love to hear from you!

Make a Donation

Every contribution makes a difference.

- Donate funds (big or small)
- Ask friends and family to support our work
- Purchase 50/50 tickets (see page 6)
- Donate directly to our programs (see pages 30–31)
- Donate Items

We welcome donations of:

- Small toys, games, and activity kits for children and youth
- Door prizes and silent auction items
- Food and grocery gift cards
- Advertise With Us

Advertise

Our newsletter, reaches over 1,500 subscribers every two months. See page 28 for rates.

Sponsorship Opportunities

Support:

- Brain Injury Awareness Booths at community events
- Young at Arts Summer Camp for children and youth affected by brain injury
- FVBIA Pub Night – October 3, 2026
- Annual Christmas Tea through table sponsorships, silent auction items, or door prizes

Thank you for helping us make a difference in the lives of people affected by brain injury.

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
- Excellent Mentorship
- 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

www.communitytherapists.com

careers@communitytherapists.com • Career Contact: 604.566.8452

Building skills. Empowering people.

Est. 1989



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 be sent to info@fvbia.org.

July / August 2026 Issue

**Submit by:
June 20th**

Sept / October 2026 Issue

**Submit by:
August 20th**

*November / December
2026 Issue*

**Submit by:
October 21st**

*January/February 2027
Issue*

**Submit by:
Decemer 15th**

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 to Manage Everyday Stress After a Brain Injury

Contributor: Don Lewis

For adults rebuilding daily routines during brain injury recovery, stress can spike fast and feel out of proportion to the moment. The challenge is that cognitive challenges post brain injury, such as slower processing, sensory overload and fatigue make ordinary demands harder to track, so stress builds before it's recognized.

Stress trigger identification matters because the body's alarm response can intensify symptoms and disrupt emotional regulation after brain injury, turning minor frustrations into setbacks. Pinpointing the specific situations that reliably escalate symptoms clarifies what needs support and why stress management importance starts with awareness.

Use 6 Brain-Injury-Friendly Tools to Lower Stress Today

When you already know your biggest stress triggers, noise, rushing, screens, multitasking, social pressure, your plan gets easier: pick tools that reduce those specific symptom flare-ups. Use the menu below and start with the options that match your energy today.

1. Do “just-right” movement (not max effort):

Choose an intensity that leaves you clearer, not wiped out, think of a 5–15 minute walk, gentle cycling, or a short mobility routine. Movement can lower stress chemicals and improve sleep, which often supports brain injury recovery, but overdoing it can backfire with headaches or fatigue. A simple rule: stop while you still feel “okay,” and build by 2–5 minutes every few days.

2. Protect your day with a trigger-based boundary plan:

Take one stress trigger you identified (like rushing) and design a boundary around it. Try a “buffer block” of 10–20 minutes before appointments, or limit high-focus tasks to one per morning. Many people find it helps to make exercise and relaxation a priority because it preserves energy for what actually matters, especially when symptoms make attention a limited resource.



3. Stabilize blood sugar and hydration with a simple plate:

Stress and brain injury symptoms can feel worse when you're under-fueled. Aim for protein + fiber + healthy fat at meals (e.g., eggs and oatmeal with nut butter; chicken and beans with veggies), and keep “low-effort” backups available like yogurt, nuts, or pre-cut produce. If nausea or low appetite is a trigger, try smaller meals every 3–4 hours and sip water regularly rather than chugging.

4. Use a 60-second breathing reset during symptom spikes:

When you notice your early warning signs, tight chest, racing thoughts, sound sensitivity, interrupt the stress loop quickly. Try “physiological sighs”: inhale through the nose, top it off with a second short inhale, then exhale slowly through the mouth; repeat 3–5 times. This is discreet enough for a checkout line or meeting and can help your body downshift so your thinking catches up.

5. Build a recovery-friendly mindset script (not forced positivity):

Positive mindset after brain injury is less about “cheering up” and more about choosing thoughts that reduce threat. Write one sentence for your top trigger, such as “My brain needs pacing; slowing down is treatment,” and read it before stressful tasks. Then add one tiny win each day (even “I rested before I crashed”) to train your attention toward progress.

How to Manage Everyday Stress Continued (2/3)

6. Treat sleep like a symptom-management

tool: If poor sleep is a trigger, simplify your routine instead of perfecting it. Pick one consistent wake time, dim lights 60 minutes before bed, and keep the bed for sleep, not scrolling or problem-solving. If you're awake more than ~20 minutes, get up for a quiet, low-light activity until drowsy; this protects the brain's association between bed and sleep.

Learn From Real-Life Balancing Acts: Work, School, and Recovery

The tools you just learned can feel easier to use when you hear how other people apply them in real life. For many adults recovering from a brain injury, stress isn't just about symptoms, it's the constant balancing act of work deadlines, classes, family needs, and everyday responsibilities.

Listening to firsthand accounts from people navigating those same pressures can normalize what you're feeling and replace self-blame with practical perspective. In an [alumni-focused podcast](#), for example, you can hear stories of people juggling education, careers, and personal commitments, which often highlights a shared reality: progress can be uneven, but it's still progress.

These narratives tend to reinforce the value of self-reflection (noticing what situations spike stress), perseverance (staying engaged even when the path shifts), and leaning on healthy coping strategies to keep everyday stress from taking over.

Daily Habits That Build a Stress Buffer

After a brain injury, stress can spike fast and linger longer, so simple routines give your day a steadier rhythm. These habits are easy to repeat, easy to adjust, and they help you practice stress management without needing perfect conditions.

Two-Minute Pacing Check-In

- **What it is:** Pause and rate your energy from 1 to 10 before starting a task.
- **How often:** Before big tasks and midafternoon.
- **Why it helps:** It helps you choose a safer pace before stress snowballs.

Scheduled Quiet Breaks

- **What it is:** Put a 5-minute low-noise break on your calendar.
- **How often:** Every 60 to 90 minutes.
- **Why it helps:** Planned pauses reduce cognitive overload and irritability.

Gentle Movement Reset

- **What it is:** Do short [movement breaks](#) like stretching, squats, or a quick walk.
- **How often:** Two to four times daily.
- **Why it helps:** It can loosen tension and improve focus.

Symptom and Trigger Notes

- **What it is:** Use a [digital symptom tracker](#) to note stress level and triggers.
- **How often:** Once daily, plus after flare-ups.
- **Why it helps:** Patterns become easier to spot and plan around.

Hydration Pairing

- **What it is:** Drink water each time you eat or take medications.
- **How often:** Daily.
- **Why it helps:** Dehydration can worsen headaches and fatigue, raising stress.

Everyday Stress After Brain Injury: Common Questions

Q: What does “too much” look like when I'm mentally overloaded?

A: Common signs include rising irritability, trouble finding words, headache, nausea, or feeling suddenly foggy. Stop and switch to a low-demand activity in a quieter space, then reassess in 10 to 20 minutes. If symptoms keep stacking, shorten the task and reduce noise, light, and multitasking.

How to Manage Everyday Stress Continued (3/3)

Q: How can I manage fatigue without giving up everything I enjoy?

A: Treat energy like a limited budget and spend it on your top priorities first. Use short activity blocks with recovery time, and save demanding tasks for your best time of day. Many people do better when they plan one meaningful thing, not five.

Q: When is a bad day a normal fluctuation versus a real setback?

A: Fluctuations often follow predictable triggers like poor sleep, extra screen time, busy environments, or skipped meals. A setback is more likely if symptoms are stronger than usual for several days or keep worsening despite rest and simplification. Tracking what happened before the spike helps you spot which pattern you are in.

Q: Can stress cause physical symptoms that feel like the injury is getting worse?

A: Yes, stress can amplify headaches, dizziness, sensitivity to noise or light, and concentration problems. Many of these overlap with common symptoms seen after mild brain injury, so the body can feel “revved up” even when nothing dangerous is happening. Use calming input, steady hydration, and a slower pace, then check if symptoms settle.

Q: When should I seek professional help for stress after a brain injury?

A: Get help if you have new or worsening symptoms, panic that feels unmanageable, sleep collapse, or stress that interferes with basic daily tasks. It is also wise to reach out if you are avoiding normal activities for fear of triggering symptoms. You are not alone, and 2.8 million individuals are treated in hospitals annually for TBIs, so clinicians see these concerns often.

Building Steady Stress Routines That Support Brain Recovery

Everyday stress after a brain injury can feel unpredictable, especially when fatigue, noise, or busy schedules quickly push the brain into overload.

The most reliable path forward is a steady mindset of consistent stress management routines, grounded in identifying personal stress patterns, reinforcing positive habits, and compassionate self-care rather than chasing perfection.

Over time, this approach makes symptoms easier to anticipate, reduces recovery “whiplash,” and supports long-term brain injury recovery with fewer setbacks.

Consistency, not intensity, is what makes stress management work after brain injury.



John Simpson Memorial Student Awards



*On behalf of FVBIA staff and board, Carol Paetkau was pleased to be able to present the **Fraser Valley Brain Injury - John Simpson Memorial Student awards in person.***

Congratulations to two Abbotsford Grads on receiving these awards in 2026. Refer to page 29 to find out more about this fund through Abbotsford Community Foundation.



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.

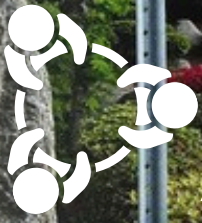
Health & Wellness Virtual Group

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.



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. at the Bourquin Entrance benches

2:15 P.M. at the Mill Lake Road Dock

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

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



Celebrating Caregivers:



Because Every Hero Deserves Recognition

Caregivers are the quiet strength behind countless journeys of healing, recovery, and hope. They give their time, energy, and hearts to help others navigate life's greatest challenges, often putting the needs of others before their own.

Their compassion inspires us. Their resilience amazes us. Their love changes lives.

Today, and every day, we honour caregivers for the extraordinary impact they make through simple acts of kindness, patience, and dedication. The world is brighter because of people like you.

**Thank you for being the light
that helps others find their way.**



CARING FOR YOURSELF WHILE CARING FOR A BRAIN INJURY SURVIVOR

Supporting a loved one with a brain injury can be rewarding, but it can also be physically, emotionally, and mentally demanding.

Caregivers often focus so much on the needs of the person they are helping that they neglect their own well-being. However, taking care of yourself is not a luxury; it is an essential part of being an effective caregiver.

Many caregivers experience stress, fatigue, frustration, and even feelings of isolation. Over time, these challenges can affect your health, relationships, and ability to provide care.

Recognizing the signs of caregiver burnout is important. Common warning signs include constant exhaustion, difficulty sleeping, irritability, loss of interest in activities you once enjoyed, and feeling overwhelmed by daily responsibilities.

One of the most important things a caregiver can do is make time for regular self-care. This does not have to mean expensive spa days or lengthy vacations.

Simple activities such as taking a walk, reading a book, spending time with friends, exercising, or enjoying a favourite hobby can help restore energy and reduce stress.

Building a support network is equally important. Reach out to family members, friends, support groups, or community organizations.

Sharing experiences with others who understand the challenges of caregiving can provide encouragement, practical advice, and a sense of connection.

Don't be afraid to ask for help. Accepting assistance with errands, meals, transportation, or respite care can provide valuable breaks and prevent exhaustion. Remember that caring for yourself allows you to continue caring for others.

Finally, be kind to yourself. No caregiver is perfect, and difficult days are normal. Celebrate small successes, acknowledge your efforts, and recognize that your dedication makes a meaningful difference in the life of the person you support.

A healthy caregiver is better equipped to provide compassionate, consistent care—and both you and your loved one benefit when your well-being is a priority.

Among regular caregivers - those who spent at least 2 hours caregiving each week:

**38% of those who helped their child;
34% who helped their spouse, and;
21% who helped their parents**

reported feeling depressed.

Those who cared for a spouse or child also reported more health and psychological problems, mainly because of the intensity of care provided.

~Statistics Canada



FREE CAREGIVER E-COURSES

Brain Injury Canada has developed a variety of courses for family caregivers of people with brain injury. Courses are designed to be accessible, focused on topics that caregivers have told us are important to them. These courses are free of charge and self-guided, meaning you can learn on your own time.

NEW: Family Caregivers: Planning for the Future

This course for family caregivers is an introduction to planning for the future for your loved one and yourself. Topics include life care planning; financial planning; legal tools; and housing considerations.

brain-injury-canada-online-learning.thinkific.com/courses/family-caregivers-planning-future

Family Caregivers: Introduction to Brain Injury

This course is designed for family caregivers to provide an introduction to brain injury, its effects, recovery, and more. Learn how brain injury impacts both you and your loved one, and tips/tools for supporting both of you.

brain-injury-canada-online-learning.thinkific.com/courses/caregivers-introduction-brain-injury?utm_source=website&utm_medium=organic&utm_campaign=general

Family Caregivers: Your Health & Wellbeing

This course for family caregivers is an overview of your health and wellbeing after you become a caregiver. Brain injury is life-changing for everyone involved, and it's important to take care of yourself as well as loved ones.

brain-injury-canada-online-learning.thinkific.com/courses/family-caregivers-wellbeing

These courses are made possible and supported by the Petro-Canada CareMakers Foundation, an organization that supports programs, tools, and resources from charitable organizations that serve family caregivers.



Caregivers Club

CARING • SUPPORT • ENCOURAGE • SHARING

RESOURCES GALORE for the Caregiver!

Caregivers Club

Founded to support, include and connect local caregivers who are providing care for the ones that they love, the Caregivers Club welcomes you. Whether you're providing care in the short or long term, caregiving can be daunting, joyful and challenging at the same time. Caregiving involves navigating different systems and relationships, organizing medical and personal issues and responding to sudden and gradual changes over time.

<https://www.caregiversolutions.ca/caregivers-club/>



One Wish Awards of **up to \$10,000 plus recognition awards** are available to support amazing caregivers!

(Nominations Close December 31, 2026)

2026 Caregiver Nomination Form
[Click For a 2026 Downloadable Nomination PDF](#)

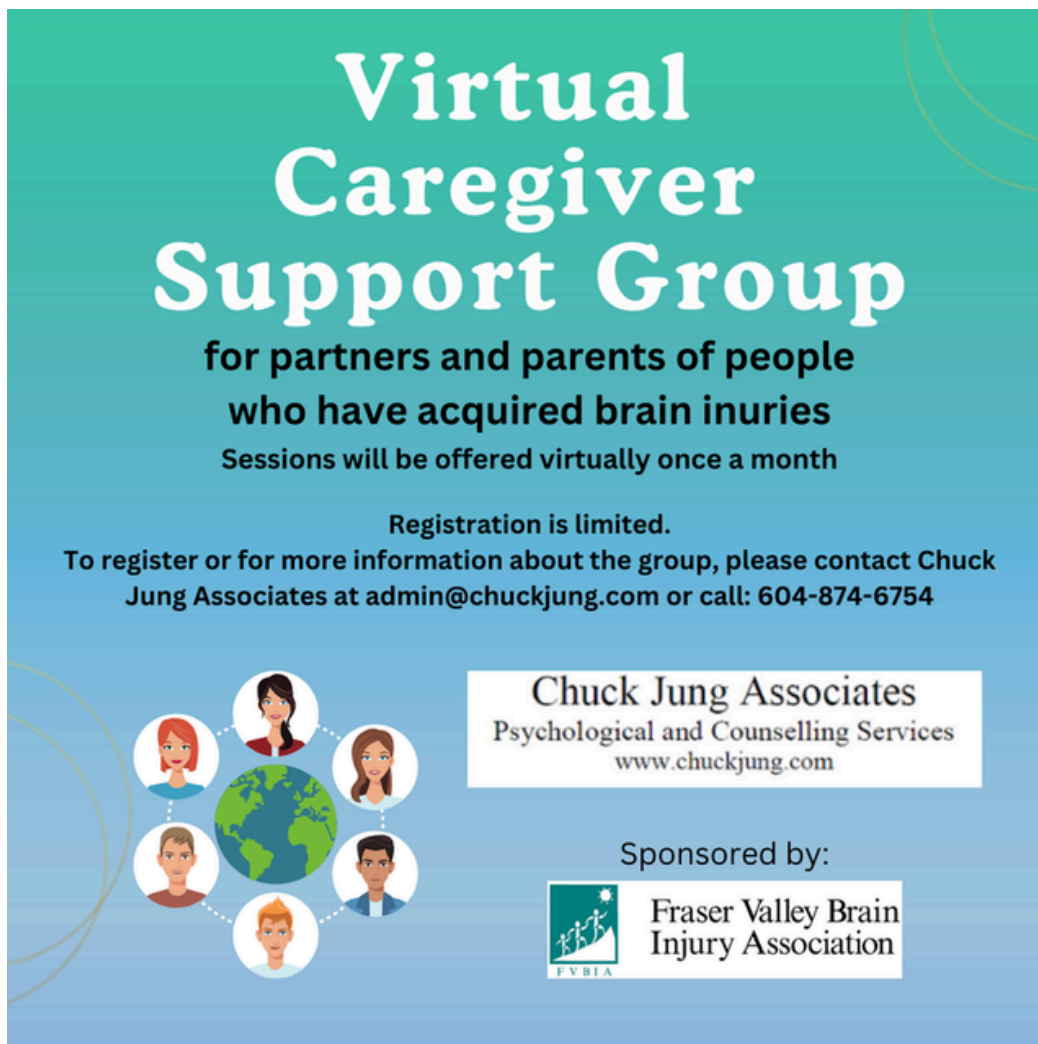
If you are having trouble submitting your nomination please contact caroline@bcsgroup.com or call 647-268-6749.

Caregiver Supports

Abbotsford Hospice & Grief Support Society's [Care for the Caregiver](#) program is a new initiative focused on anticipatory grief and emotional care for caregivers supporting loved ones with life-limiting illnesses.

[Brain Injury Canada](#) has information and virtual workshops for families/caregivers including information about brain injury causes, diagnosis, recovery and rehabilitation, and living with brain injury now and for the long-term.

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, connected by dotted lines. The background is a gradient of teal and blue with decorative curved lines.

FVBIA Activities & Staff Contributions



Fraser Valley Brain Injury Association's Executive Director, Carol Paetkau, spoke about brain injury, neuroplasticity, and FVBIA programs at the Abbotsford Brain Injury Drop-In.

It was a wonderful opportunity to connect with members and Communitas staff while enjoying a great lunch together.



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



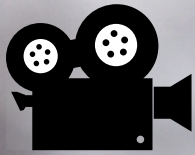
Chuck Jung Associates – Psychological and Counselling Services

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)		

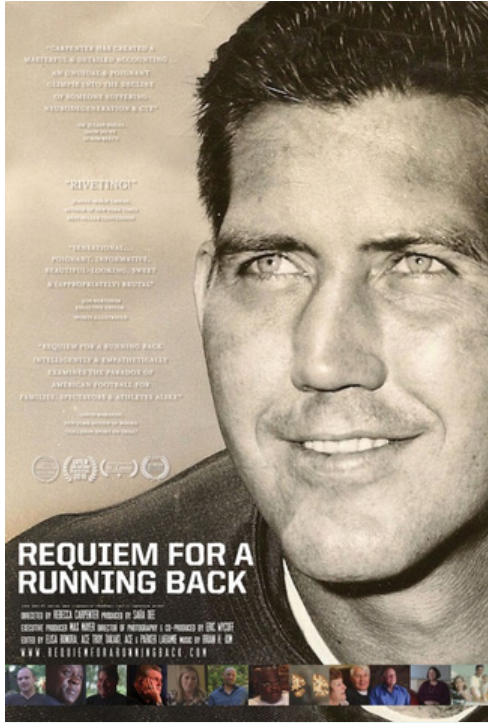
Other locations in Tri-Cities, Burnaby, North Shore and Richmond

Website address: www.chuckjung.com

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



Reel Recovery - Films to Watch



Requiem for a Running Back

- 2017 Documentary
- 1h 29m

Director Rebecca Carpenter's father, Lewis Carpenter, was a running back for Vince Lombardi's NFL Champion Green Bay Packers. When he dies, her family receives a surprise call from Boston University's brain bank requesting his brain - with shocking results. Lew becomes the 18th NFL player diagnosed postmortem with Chronic Traumatic Encephalopathy (CTE), a degenerative neurocognitive disorder that can cause episodes of rage, social withdrawal, and other unusual behaviors.

Rent or Buy (\$3.99) on
 YouTube
 GooglePlay
 Apple TV



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.*

Watermelon Feta Salad with Mint and a Balsamic Glaze

Ingredients:

- Cubed seedless watermelon
- Crumbled feta cheese
- Balsamic glaze (store-bought or homemade*)
- Chopped fresh mint leaves
- Flaked sea salt (optional)
- Large serving bowl

Instructions:

1. Place cubed watermelon in a large serving bowl.
2. Arrange crumbles of feta over the watermelon.
3. Drizzle the watermelon and feta with the balsamic glaze.
4. Sprinkle with chopped fresh mint and flaked sea salt.

It doesn't get much easier than this, or more refreshing!

Yields: 8 serving(s)

Prep Time: 15 mins / Cook Time: 15 mins

*Homemade Balsamic Glaze:

- 1 cup balsamic vinegar
- 1-2 tablespoons sweetener, such as honey or brown sugar (optional)

Instructions

1. Pour the balsamic vinegar into a medium, non-reactive saucepan.
2. If desired, add your sweetener of choice (honey, maple syrup, or sugar are common options).
3. Bring the mixture to a gentle boil over medium heat.
4. Reduce to a low simmer, stirring occasionally.
5. Allow it to cook for 12-15 minutes. The vinegar should reduce by at least half and will coat the back of a spoon when ready.
6. Remove from the heat and let cool slightly. The glaze will thicken further as it cools.
7. Transfer to a clean, airtight container. Keep refrigerated for several weeks.

Try it on strawberries, hummus & pita, asparagus, grilled salmon, caprese salad, cucumbers, and - if you're feeling extra adventurous - even on vanilla ice cream!



Pets Corner!

(and nature)



Any time is a good time for nap time



Carol's grandpuppy, Wrangler



This family of ducks were spotted at Mill Lake



A tree trunk dressed up for summer in moss and fern

Tickling our Funny Bones

When do you go on red and stop on green?

When you're eating watermelon.

-

What do you call a pig with three eyes?

A piiig.

-

Why do cows wear bells?

Because their horns don't work.

-

Why did the tomato blush?

Because it saw the salad dressing.

<https://ncfieldfamily.org/nc-living/jokes/summer-jokes/>

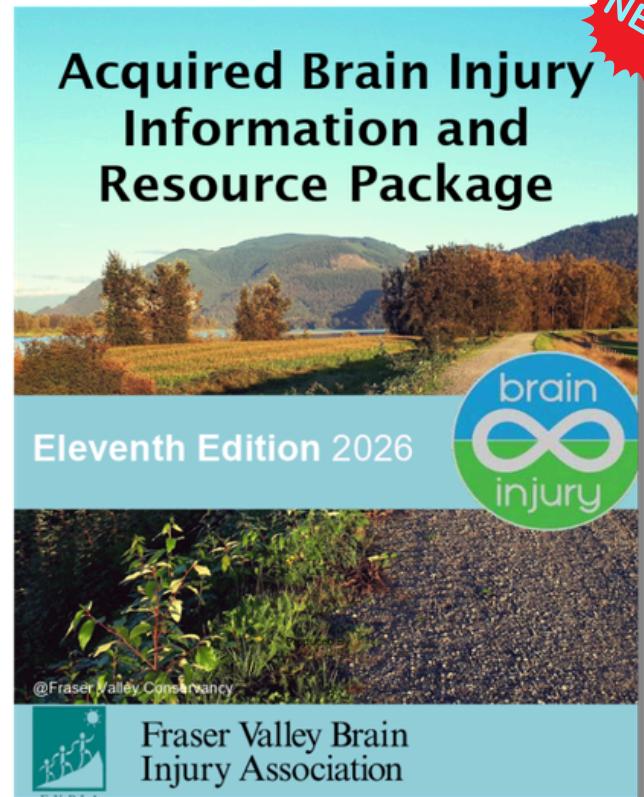


ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

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

Fraser Valley Brain Injury Association

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](https://www.fvbia.org)
info@fvbia.org

NAME:

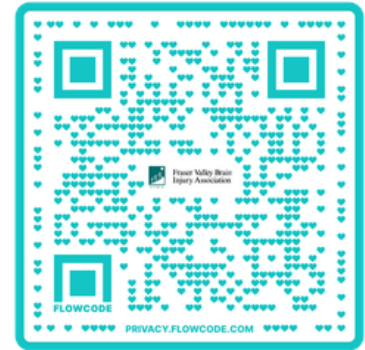
SUBSCRIBE & ADVERTISE!

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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1/2 Page:	\$100	\$300	\$600
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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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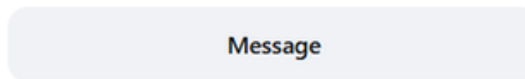
Fraser Valley Brain Injury

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**

