



# Saskatchewan Brain Injury Association

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## **2019 Program Descriptions**

*All Programs are offered without charge*

### **Regina Chapter Survivor Support Group | Wascana Rehab Centre | Thursdays 11am – 12pm**

The Regina Chapter holds a Survivor Support group weekly to encourage survivors and their families to learn what support systems are in place for them. With support groups, participants are able to socialize with others who understand the challenges of living with a brain injury. The support group provides an opportunity to make friends and connect with others. Many participants are able to learn new strategies to deal with challenges due to brain injury. One of the biggest benefits of attending a support group is the inspiration participants can feel as they see others with brain injuries succeed in particular areas of their lives. This inspiration can help them strive to achieve more for themselves.

For more information, please contact Glenda James at 1.888.373.1555.

### **Regina Chapter Drumming Group | Village Hall- Pioneer Village | Fridays 1:30 – 2:30pm**

The Regina Chapter Association holds a Drumming Group weekly for brain injury survivors. This group provides survivors with a wonderful opportunity to get together each week, receive support from others, share their experiences and have a great time! Physical benefits of drumming may include an increase in immune system functioning, mental alertness and muscle coordination as well as reducing blood pressure and heart rate. This group meets from September to May. The SBIA Drumming Group has many other benefits as well including:

- Stress reduction and increased relaxation
- An outlet for creative self-expression
- Great way to connect and relate to others
- Just plain fun for everyone!

For more information, please contact Glenda James at 1.888.373.1555.

### **Regina Caregivers Support Group | Wascana Rehab, Rm #5 | Second Tuesday of the month 7 – 9pm**

Caregivers Support Group is an opportunity to meet with other caregivers who may be facing similar challenges. The idea is to provide support, advice, sympathetic ears and celebrate triumphs. This group meets from September to June.

For more information, please contact Glenda James at 1.888.373.1555.

### **SOAR | Different locations in Regina | Varies**

SOAR is a new program developed to provide youth with ABI an opportunity to create lasting friendships through participating in weekly recreational programs! With the direction of the SOAR Program Staff, the group will experience new and exciting activities throughout Regina. Each month, participants will receive a schedule of activities planned for SOAR. Through these experiences we hope participants will develop meaningful friendships and have a lot of fun!

For more information, please contact Glenda James at 1.888.373.1555.

**Regina Social Beans | Coffee Shops around Regina | Thursdays 6:30 – 8pm**

Social Beans provides an opportunity for young adults (18-30) with ABI to get together with other survivors for a social evening and friendship.

For more information, please contact Glenda James at 1.888.373.1555.

**Regina Social Beans Support Group | Wascana Rehab Rm #5 | 3<sup>rd</sup> Thursday of the month 6:30 – 8pm**

Social Beans provides an opportunity for young adults (18-30) with ABI to get together with other survivors for a social evening and friendship.

For more information, please contact Glenda James at 1.888.373.1555.

**Moose Jaw Chapter Support Meeting | SBIA Office | TBA**

The Moose Jaw Chapter of the Saskatchewan Brain Injury Association holds a semi - monthly support group meeting for survivors and their families to socialize receive encouragement and share community resources. Participants will have the opportunity to support one another in a safe environment of empathy and understanding, where they can share freely without judgment and new friendships can be forged.

For more information contact Glenda at [info\\_sbia@sasktel.net](mailto:info_sbia@sasktel.net).

**Moose Jaw Chapter Walking Group | Yara Centre - Field House | Tuesdays at 11:00am**

SBIA's Moose Jaw Chapter is starting a weekly walking group for survivors and their caregivers. Participants are encouraged to set their own personal fitness goals at the beginning of the program and work towards them throughout the year. Walking groups provide survivors and their families a chance to get some exercise while socializing with a support network. Walking is a great way to relieve stress as well as lower blood pressure, curb anxiety and depression symptoms, improve mood and foster a sense of well-being.

Contact Andy at 306.631.5241 for Walking Group.

**Saskatoon Chapter Support Meetings | Sherbrooke Community Centre | 3<sup>rd</sup> Mondays at 7pm**

The Saskatoon Chapter of the Saskatchewan Brain Injury Association holds a monthly support group from September to April of each year. This group includes guest speakers and presenters on a variety of topics. In addition, survivors can participate in arts and crafts such as painting and clay molding, games such as scrabble and crib and much more! Participants also receive support and encouragement from others survivors and volunteers. This group meets from September to April.

For more information, please contact Tracey Monette at 306.717.5301.

**Saskatoon Chapter Walking Group | Saskatoon Field House | Thursdays at 6:30 – 8:00pm**

SBIA's Saskatoon Chapter holds a walking group every week from September to May for survivors and caregivers. Participants are encouraged to set their own personal fitness goals at the beginning of the program and work towards them. Walking groups provide survivors and their families a chance to get some exercise while socializing with a support network. This program is designed to meet the needs of participants who have sustained a brain injury and experience cognitive, physical and/or social challenges when participating in community based exercise. Walking is a great way to relieve stress as well as lower blood pressure, curb anxiety and depression symptoms, improve mood and foster a sense of well-being. There is no walking group in June, July or August.

For more information, please contact Shelly Cory at 306.381.6955 or by email at [shelley.d@sasktel.net](mailto:shelley.d@sasktel.net).

**Saskatoon Caregivers Support Group | Sherbrooke Community Centre | 4th Mondays at 7pm**

Caregivers Support Group is an opportunity to meet with other caregivers who may be facing similar challenges. The idea is to provide support, advice, sympathetic ears and celebrate triumphs. This group meets from September to June.

For more information, please contact Lynne Back at 306.270.2807.

**Kindersley Walking Group | West Central Event Centre Walking Track | Thursdays 6:30pm**

Kindersley Chapter holds a weekly walking group for survivors and their caregivers. Participants are encouraged to set their own personal fitness goals at the beginning of the program and work towards them throughout the year. Walking groups provide survivors and their families a chance to get some exercise while socializing with a support network. Walking is a one way to help relieve stress, lower blood pressure, curb anxiety and depression symptoms, improve mood and foster a sense of well-being.

Contact Denise Sarada at 306.460.6116 for Kindersley programs.

**Prince Albert Chapter Meetings | South Hill Mall Community Room | 3rd Saturday of the month 1:30 pm**

The Prince Albert Chapter of SBIA holds a monthly Chapter support group meeting available free of charge to survivors and their families. The group allows participants to learn more about brain injury and available services by meeting with others who are facing or have faced similar challenges.

Contact Tracey Monette at 306.717.5301 for Prince Albert programs.

**Yorkton Chapter Support Group | TBA | 3<sup>rd</sup> Sunday of the month | Time: TBA**

SBIA's Yorkton Chapter holds monthly support group meetings for survivors and their families to socialize and encourage each other. The purpose of a support group is to share with and support one another for the mutual benefit of the whole group. Some fundamental benefits of a support group are:

- Learning about the various resources in your community
- Socialization & Sharing
- Finding encouragement and hope
- Active, involved listening to and learning from others
- Providing an atmosphere where positive and negative views can be expressed without being judged or labeled

**Yorkton Chapter Walking Group | Walking Track | Sundays at 3:00pm**

Yorkton Chapter has a weekly walking group for survivors and their caregivers. Walking groups provide survivors and their families a chance to get some exercise while socializing with a support network. Walking is a great way to relieve stress as well as lower blood pressure, curb anxiety and depression symptoms, improve mood and foster a sense of well-being.

Contact Lynnette at [lynnie33@hotmail.com](mailto:lynnie33@hotmail.com) or 306.782.3062 for Yorkton programs.