



Our Staff at NBIS

We are a small team dedicated to helping individuals with acquired brain injuries and their family and friends.

[kixmini.jpg](#)



Kix Citton, Executive Director

With over 20 years of working with non-profit organizations in Canada and overseas, Kix brings a passion for innovation, collaboration and inclusive leadership. Her experience in program development, evaluation, grant writing, and community development are assets she brings to NBIS. She completed her degree in Health and Community Services at the University of Victoria. Kix helped found a successful non-profit service co-operative and sits on their Board of Directors. When not in the office, you will likely find Kix in her garden or paddling out on the water.

[susanmini.jpg](#)



Susan Norris, Admin Manager

Susan's 20 year background as Logistics Coordinator for a Wilderness camp serving youth-at-risk provided many rich opportunities for developing the administrative and organizational skills that serve her well today. A recent graduate of VIU's ABT program, Susan brings to NBIS a specialty in accounting. Further, Susan enjoys sharing her administrative skills and knowledge with volunteers seeking to gain confidence in an office environment. Susan feels her heart is best served working with non-profit agencies, and she is very happy to have landed at NBIS.

[lynnemini.jpg](#)



Lynne Henshaw, Program Manager

With a passion to drive positive change locally and abroad, Lynne has spent over 15 years of her career working with diverse non-profit organizations focused on education, homelessness, seniors, and more. Originally graduating university with a degree in marketing communications, Lynne's work experience and professional development have broadened her scope to include community development, project management, human resource management, and team leadership. Relatively new to Nanaimo from the Lower Mainland, Lynne is delighted to be living on Vancouver Island and working with NBIS. While not at work, Lynne enjoys travelling, yoga, volunteering, and spending time with family, friends and her rescue dog, Molly.

[mickmini.jpg](#)



Mick Timbrell, Navigator Program

Mick has been a resident of the amazing city of Nanaimo for over 23 years. He brings experience in working with people facing a variety of challenges, such as mental health issues and homelessness. Mick completed his Bachelor of Social Work degree at Vancouver Island University. He is also an active volunteer in the community in his role as a lay-counselor. Mick is passionate about helping others and carries that passion over in working with those that have incurred a brain injury.

[adriennemini.jpg](#)



Adrienne Bennest, Education & Community Liaison

After living abroad in Southern France for 13 years Adrienne is excited to be back on Vancouver Island and becoming involved in her new community. A graduate from the University of Victoria with a Bachelor of Education Adrienne has always felt passionate about working with people and helping them reach their maximum potential. Adrienne loves connecting with the public and has worked for the last 20 years in various retail, community, and service industry positions. Her hope is to draw upon her experiences working with youth and athletics to further promote NBIS's mission.

[adelemini.jpg](#)



Volunteer Coordinator, Adele Rogers

When Adele moved to the island in summer of 2019 she was very happy to hear about NBIS, and even more excited for the opportunity to work with this amazing organization. For over 16 years Adele has been involved with various community organizations, both professionally and as a volunteer. Adele was initially drawn to NBIS because of her personal experience with brain trauma in her own family. She experienced first hand the potential for a meaningful life after a brain injury given the right support for people with an acquired brain injury, and their friends and family. In keeping with her commitment for emotional health within various communities, Adele is training her 77 lb Bernedoodle-Sam to be an emotional support animal for folks living in long-term care facilities.