



## **Peer Support Program**

### **[Client Coffee Drop In](#)**

A weekly informal client drop in group for peer based conversation with one of our welcoming peer volunteers. If you are interested in attending the Client Coffee Drop-in and haven't been to NBIS in the last 2 years, please make an appointment with Mick Timbrell to update your client file. Contact Mick at 250-753-5600 Ext. 203, [mick@nbis.ca](mailto:mick@nbis.ca).

### **[jarisept.pdf](#)**

[Click here to download the PDF file.](#)

**Date(s):**

September 26, 2019 9:30 am to 11:30 am

[Peer Support Program](#)

[Read more about Client Coffee Drop In](#)

### **[Life After Acquired Brain Injury- Peer Education and Support Program](#)**

Life After Acquired Brain Injury: Peer Education and Support Program -

This 8-week program, conducted in 8 x 90 minute sessions will provide participants with the opportunity to learn the tools to help with the ongoing challenge of rebuilding their lives post ABI. The program material will be done in a group setting and participants will have the chance to share their experiences and acquire new skills. This program is run by NBIS's Community Navigator Mick Timbrell in the NBIS Lounge.

Themes/topics for the sessions will include but not be limited to:

- Life after ABI
- Rebuilding your Life...

**Date(s):**

October 1, 2019 1:30 pm to 3:00 pm

[Peer Support Program](#)

[Read more about Life After Acquired Brain Injury- Peer Education and Support Program](#)