



## Who We Are & What We Do

The Nanaimo Brain Injury Society (NBIS) is a registered non profit society and registered charitable organization. We are a progressive society providing support, education and connection for people living with brain injury since 1988 through education, advocacy, and community support. Energetic and dedicated, our society members, volunteers, [Board of Directors](#) and [Staff](#) give the society a firm foundation on which we build positive relationships with clients, family members and our wider community. Together we strive to uphold [NBIS's Vision, Mission & Values](#).

NBIS takes great pleasure in thanking all our major funders for their continued support. We would also like to thank those who provided us with grants, program sponsorships, and donations. Without your support, we would not be able to provide service for people with acquired brain injury. To learn more about NBIS funders click [HERE](#).

To listen to NBIS Executive Director Kix Citton have a discussion about acquired brain injury in Nanaimo and NBIS programs click [HERE](#).

2018 AGM -[Executive Director's Report & Presentation](#)

2019 AGM -[Executive Director's Report](#) & [Executive Director's Presentation](#)

2020 AGM -[Executive Director's Report & President's Report](#)

## Our Programs:

**[CHLY-2019-01-14-13001.MP](#) Click [HERE](#) Our programs include:**

[Community Navigator](#) is a non-medical support service that helps people affected by ABI and their caregivers by:

- Answering questions asked by individuals surviving a brain injury and their caregivers and help them navigate the health care system
- Linking them to resources and programs to assist with their long-term recovery
- Assisting with self-management strategies to manage their brain injury, stroke and/or

caregiving roles

- Providing an opportunity to attend community education sessions for the person who had the brain injury and the caregiver

## Education

- Monthly Education Series
- Understanding Brain Injury Public Workshop
- Understanding Brain Injury Workshop for Service Providers
- Youth Program- Concussion 101 & Concussion Management in Youth Workshops and Helmets for Kids Initiative
- Community Workshops & Events

## Peer Support

- Hospital Peer Support
- Client Coffee Drop-In
- Life After ABI: Peer Education and Support Program

## ABI Counselling Group

This is a 6 week group counselling session for people who have experienced an acquired brain injury. The group is facilitated by Dr. Nancy Reeves, a Registered Psychologist who has worked in the area of grief, loss, personal injury, and trauma for 38 years. Dr. Reeves has worked extensively with people with acquired brain injury and their friends and family. ABI Counselling Group is done in partnership with Island Health's Brain Injury Program and is by referral only.

For more information please contact our Community Navigator Mick Timbrell at 250-753-5600 Ext. 1 or by text 250-268-3959.

**Next 6 week session: TBA**