



NANAIMO BRAIN INJURY SOCIETY  
awareness • support • connection

# PEER SUPPORT PROGRAMS

## Hospital Peer Support

- Provide hope, reassurance and first-hand knowledge of what it is like to experience and live post ABI/stroke
- Provide an initial first link with support in the community

## Client Coffee Drop In

- A weekly welcoming, safe and comfortable environment for peer based conversation.

## Life After ABI: Peer Education & Support Program

- Peer-led, supported education classes
- Focused on: anatomy of the brain, causes and effects of brain injury, neuroplasticity and rehabilitation after brain injury, coping strategies and problem solving.