



COWICHAN BRAIN INJURY SOCIETY

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**A Recreation-based
Rehabilitation
Program**



- ❑ Stepping Stones is a rehabilitation, community-based day program. The program emphasizes health and wellness and empowering meaning after a brain injury. Based on a four season cycle. The focus is on who we are as people – spirit, mind and body. **Referral by physician or healthcare professional.**
- ❑ Transitional support for community living (money management, household management). **Referral by physician or healthcare professional.**
- ❑ Kit For Life – 52 week coping strategies program with 52 week post-community support. **Referral by physician or a healthcare professional.**
- ❑ Group programs Let's Carve, Let's Do Woodworking, Let's Paddle, Let's Hike. Individual programs like Let's Journal – story for self-awareness.
- ❑ Let's Connect – peer support and social connectedness. Let's Understand Brain Injury (26 sessions) Core Program.
- ❑ Individual and group support for survivors, family, caregivers, and friends. Let's Keep Safe – emergency preparedness (COVID-19, earthquakes); Let's Get Brain Fit (Cognitive); Let's Get Adventurous (Exercise); Let's Explore Emotions; Let's Regain Lifeskills; build functional skills, emotional regulation, literacy, time management, routines, fatigue management, relaxation, and community reintegration using experiential learning. **Funded by Island Health Brain Injury Program.**
- ❑ Let's Learn (Workshops) - Topics across the lifespan such as why poop and pee is so important for a healthy lifestyle
- ❑ Let's Get Healthy – nutritional education, health status monitoring, and using experiential learning for menu planning, cooking, and canning. Let's Get Lunch – lunch program. **BACK TO THE BASICS**
- ❑ Let's Talk – (Aphasia Program) - Three Levels, each level is 26 weeks
- ❑ Music Therapy, Art Therapy, Gardening, Mindfulness
- ❑ Let's VET – peer support for our Veterans
- ❑ Case Management, Advocacy, Veteran supports, behavior management (navigating the journey), and residential services
- ❑ Outreach services, navigator, respite for the caregiver who has an individual with cognitive impairments



CBIS is your life-time provider and coordinator for support, programs and services in the Cowichan area for acquired brain injury, which includes stroke. Everyone develops a 'life plan' for their journey on their Road of Recovery.

Therapeutic Recreation Services are treatment services designed to restore, remediate and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness, reduce or eliminate activity limitations and restrictions.

Therapeutic Recreation utilizes treatment, education, and purposeful recreation to assist individuals to acquire, maintain, restore, and / or improve attitudes, skills, knowledge, and behaviors for optimal leisure functioning.