



Hamilton Brain Injury Association

The HBIA provides support, advocacy, and education to: people with Acquired Brain Injury, professionals, family/caregivers, and the general public by providing several services, fundraisers, workshops, and group activities throughout the year.

| Survivor Support Group | Spousal Support Group | Caregiver Support Group | Young Adult Support Group |
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| Survivors gathering together to share experiences, to give and take support, to learn about resources, and to reduce feelings of being alone in the world of brain injury. | A support group specifically for spouses that have a husband, wife, or partner with Acquired Brain Injury. A friendly group that shares experiences, offers support and care as we navigate through the challenges of brain injury. | Our purpose is to provide caregivers, family or friends a safe place to share their experience, learn new strategies to cope and gain information about resources in the brain injury community. | Youth Survivors gathering together to share experiences, to give and take support, to learn about resources, and to reduce feelings of being alone in the world of brain injury. |
| Mondays or Thursdays | 2 nd Thursday every month | 3 rd Monday every month | Last Monday every month |
| 10:30am to 12noon | 7:00pm – 9:00pm | 7:00pm – 9:00pm | 3:30pm – 5:00pm |
| HBIA Clubhouse 822 Main St E., Hamilton | Bay Garden on Rymal Rd (East of Upper Gage) | HBIA Clubhouse 822 Main St E., Hamilton | Accepting Registrants |
| (905) 538-5251 info@hbia.ca | Contact Toby spousesupport@hbia.ca | Next meeting: Mar 18, 2013 caregiversupport@hbia.ca | (905) 538-5251 info@hbia.ca |

BIKES, BLADES, & BOARDS EDUCATION PROGRAM

The Hamilton Brain Injury Association proudly presents The Bikes, Blades, & Boards Education Program. HBIA has been a proud sponsor for several years of this program. This year, HBIA takes on a bigger role in helping this program to continue being successful!! Bikes Blades and Boards is an in-school injury prevention & helmet safety presentation for grade 2 students run each year between April and June.

CAREGIVER EDUCATIONAL WORKSHOP

The Hamilton Brain Injury Association Caregiver Support Program is pleased to offer an eight week educational series to assist you to better understand the Acquired Brain Injury someone you care about has sustained. The series will provide information on some of the most common difficulties many brain injury survivors encounter and practical information about how you can help. There will also be an opportunity for discussion amongst participants about how you have coped and challenges you may be facing.

EVENTS

All funds raised go directly to the HBIA in order to continue to offer services to the survivors of Brain Injury.

| Candlelight Vigil | 5K By The Bay | Annual Summer BBQ | Fundraising Dinner | Annual Holiday Celebration |
|---|--|---|--|--|
| Beginning of June | Father's Day Weekend | August | November | December |
| Remembering those who have survived their injuries, those who have found peace, and those who continue to be an inspiration to us all | Annual 1 mile Walk, 5km run and Blake Heys Memorial 1km kid's run to raise awareness as well as much needed funds. | A fun event for survivors and their loved ones to close off the summer season with a gathering. Catered BBQ, time to socialize and games. | Evening filled with announcements of new ventures, great food, good friends, and generous supporters!! | A fun event for survivors and their loved ones to celebrate the holidays with a catered feast, music, gifts and time to socialize. |