

# Brain injury can happen to anyone.

**There are an estimated 500,000 people living with Acquired Brain Injury (ABI) in Ontario.**

ABI happens when there is damage to the brain from a traumatic injury or illness. ABI can affect the way you think, feel or act. The **Brain Injury Society of Toronto (BIST)** supports individuals living with the effects of ABI and their families by providing meaningful programs and services.

- Community Meetings
- Support Groups
- Social Events
- Peer Support Mentoring
- Awareness and Advocacy
- Personal Development and Education

Membership is available to people with ABI, their families, caregivers and people who work in rehabilitation and community support.

For more information, volunteer opportunities or to make a donation, visit [www.bist.ca](http://www.bist.ca) or call **416-830-1485**.



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**BIST**  
Brain Injury Society of Toronto

