

Brain injury can happen to anyone.



BIST

Brain Injury Society of Toronto



Join BIST today for support and information about **Acquired Brain Injury (ABI)**. Membership is available to **people with ABI, their families, caregivers and people who work in rehabilitation and community support.**

What is Acquired Brain Injury?

ABI happens when there is damage to the brain from an accident or illness. ABI can affect the way you think, feel or act. The specific effects vary from person to person and depend on how serious the injury is, and what part of the brain is injured. In spite of the differences, people with ABI often share the experience of being different than before the injury and can feel isolated or misunderstood as the effects of the injury may not be visible.

ABI Facts

- There are an estimated 500,000 people living with ABI in Ontario
- There are 18,000 new injuries each year
- ABI is more prevalent than breast cancer, spinal cord injury and AIDS combined

Membership

Become a member today and receive membership in BIST and OBIA (Ontario Brain Injury Association).

As a member you can:

- Network with other individuals and families living with ABI
- Participate in programs and events
- Learn about ABI resources and services

For more information about OBIA, visit www.obia.ca or call 1-800-263-5404.

Programs & Support Services

BIST services are created with the input and participation of its members. Our services include:

Monthly Community Meetings – These meetings provide a forum for members to socialize, network and gain new knowledge and skills related to ABI.

Special Events – Members have the opportunity to meet up and participate in activities in their communities. These events include sports activities, Brain Injury Awareness outings, picnics and holiday parties.

Support Groups – A safe place for individuals to share experiences, learn new strategies and gain information about resources in the brain injury community.

Peer Mentor Program – This program connects an individual who is a “veteran” in living with the effects of ABI with a “Partner” who is coping with a similar ABI-related situation and is in need of support. It is open to people with ABI, family members and caregivers.

Learning About ABI – BIST works with its members to identify and create different learning opportunities about topics related to ABI.

Community Partnerships – BIST has strong partnerships with service provider networks in Toronto, and other community associations to extend the support and resources available to survivors, family members and friends.

Volunteering

BIST offers opportunities for people of all ages to give back to the community, use existing skills, learn new ones and meet new people while truly making a difference. We match caring and committed people with the program, committee, or event that meets both the volunteer’s and the organization’s needs.

If you would like to know more about volunteering opportunities through BIST, please attend one of the regularly scheduled volunteer information sessions which will be available at some BIST community meetings. **Please visit www.bist.ca to find out the date of the next volunteer information session.**



Become a BIST Member and/or Volunteer

Name: _____

Address: _____

Phone: _____

Email: _____

Please contact me about volunteer opportunities

I am a:

Person with ABI

Family/Caregiver

Friend/Support

Health/Service Provider

Annual Membership Fees:

\$30 – Individual

\$50 – Family (2 or more individuals in a household)

\$5 - Subsidized (available to persons with ABI only)

Please make cheque payable to the Ontario Brain
Injury Association or pay using:

Visa

MasterCard

AmEx

Name on Card: _____

Card Number: _____

Expiry Date: _____

Signature: _____

Yes, in addition to my BIST membership, I would
like to make a donation of \$ _____

I understand that my credit card will be billed and/or a cheque is enclosed.

Our Mission

The mission of the Brain Injury Society of Toronto is to enhance the quality of life for people in the City of Toronto, living with the effects of acquired brain injury through education, awareness, support and advocacy.

Brain injuries can happen to anyone and can have lifelong implications for the individual and their families. The Brain Injury Society of Toronto supports individuals living with the effects of brain injury and their families by providing meaningful programs and services.



For more information please contact:

BIST

Brain Injury Society of Toronto



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