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Greetings from the Chair



As the leaves start to change colour and the warm weather slowly fades, BIST can look back and reflect on what was truly a wonderful and successful summer.

After our best Mix and Mingle and Awareness Month Event ever in June 2011, our first annual BIST Run, Walk and Roll on September 24, 2011 was a triumph. The BIST Board gives our sincere thanks to the BIST Run committee for their tireless efforts leading up to and on the day of the event. We are already looking forward to next year!

On September 26, 2011, BIST held its Annual General Meeting (AGM). While the members in attendance showed great passion and dedication to BIST (as they always do), we will strive to enhance our promotion of next year's AGM in hopes of having greater attendance. The 2011 AGM brought the departure of four BIST Board members. We say goodbye and offer our sincere gratitude to: Greg Noack, Gary Gerber, Todd Gottlieb and Joseph Campisi for everything they have done for BIST. The BIST Board is strictly a volunteer board, and these four gentlemen worked very hard to help strengthen and grow this wonderful organization.

The AGM also marked the arrival of four new board members. We are extremely excited and proud to welcome: Tonya Flaming, Stephen Gregory, Kate Moore and Anya Tamir to the board. The 2011-2012 Board is keen to get started on another exciting year. We will surely strive to continue to deliver on BIST's mission.

The Board of Directors encourages all BIST members to attend our monthly community meetings. We have a terrific lineup scheduled for our next few meetings. Check out our website for details about our next community meeting on October 24th. We also hope to see you all at our Halloween Party on Saturday, October 29th. Details are posted on our website at www.bist.ca.

Though the summer of 2011 has come and gone, our programs and meetings scheduled for the fall and winter promise to provide all BIST members with fun times, togetherness, education and support. I hope you can be a part of it!

Jonathan M. Burton,
Chair of BIST Board

BIST's First Annual 5K Run a smashing success

Written by Matthew Chung, BIST Member & Volunteer

First Annual 5K Run, Walk & Roll



September 24, 2011

Jeff Bryce says he cherishes his ability to run.

So perhaps it was no surprise that Bryce, who suffered a traumatic brain injury in 1992, was the first person out of the starting gate at the Brain Injury Society of Toronto's First Annual 5K Run, Walk and Roll at Sunnybrook Park on Sept. 24. The half-marathoner's time of 21 minutes, 15 seconds was just four seconds behind first-place finisher Garvin Moses, a program coordinator with the Neurological Rehabilitation Institute of Ontario.

"I was just trying to keep pace with Garvin ahead of me," Bryce said humbly after the race.

Bryce, 35, now a partner with The Magnes Group Inc. and a BIST member, received his head injury in 1992 when a pickup truck rolled over while he was working on a project in Guyana in South America.



He says his acquired brain injury does pose challenges for him and that he is lucky to have some flexibility in his schedule and an employer that is "very accommodating."

"I do get discouraged but its perseverance and not giving up, looking for ways to manage your time better," he says. "Never giving up. Always turn the next page."

Bryce was amongst 220 men, women, boys and girls (and even a few pets) to complete the 5K distance to help support programs and services provided by BIST.

Participants, staff and volunteers arrived at the park well ahead of the 10 a.m. start time to register and get warmed-up with the help of a fitness instructor in a party-like atmosphere near the starting line, with dance tunes being spun by a live deejay. Participant medals, prizes, snacks and drinks were waiting for them when they finished.

The event was kicked off with remarks from ETALK anchor Ben Mulroney, who shared the story of his friend "Big Mike," who had provided the inspiration for

Mulroney to run the Mississauga Marathon (his first) in 2010. Mike suffered a traumatic brain injury in a car crash and Mulroney had raised funds for Mike and his family while preparing for the marathon.

Mulroney said he hadn't been training recently, tied up working through the Toronto International Film Festival (TIFF), but made a last-minute decision to run the 5K and was third-fastest on the day.

"There's these silent wounded people walking around with perhaps a less developed advocacy side than other very worthwhile groups," Mulroney said after completing the run and posing for photos with Moses and Bryce. He added he was happy to have participated and to do "anything I can do to help raise that awareness, especially when it is so needed."



Alison Lair, 31, the fastest female runner at the 5K (23 minutes, 56 seconds) who had organized a group of 20 from Community Head Injury Resource Services of Toronto (CHIRS) for the run, also said she hoped the run could "raise awareness of brain injury and the great work BIST does."

Alec Black, 28, walked the course with his dog Oscar, so his time was not the fastest on the day, but the worker at the

Air Canada Centre's media room picked up a prize as the top individual fundraiser for the race.

One of the young runners at this year's event who set a hot pace was John Orlando, 13. John was running with a large contingent with Toronto personal injury law firm McLeish Orlando', who wore "Team Sadik," t-shirts designed by Sulemana Sadik, one of the firm's clients who suffered a traumatic brain injury in a car crash. Sadik came out to the event as well.

Judy Moir, vice-chair of BIST, was really pleased with the event, which ran smoothly with the help of sponsors, staff and many volunteers. "I have heard so many great comments," she said. "People are surprised that it's our first Run." Moir said she was already looking ahead to next year's run on Saturday September 22nd, and the planning committee is thinking about ways to make the event bigger and better.

A big thanks to all the sponsors, the planning committee, volunteers, staff and, of course, the participants. See you next year!



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Spinach and Mushroom Barley Pilaf

Ingredients:

- 1 cup (250 mL) water
- 1/2 cup (125 mL) quick-cooking barley
- 1 1/2 Tbsp (25 mL) canola oil, divided
- 1 1/2 cups (375 mL) diced onions
- 1/2 package (4 oz./230 g) sliced mushrooms
- 2 medium garlic cloves, minced
- 2 cups (500 mL) loosely packed baby spinach
- 1 tsp (5 mL) dried oregano leaves, crumbled
- 1/2 tsp (3 mL) salt



Instructions:

1. Bring water to a boil in a small saucepan over high heat. Stir in barley, reduce heat, cover tightly, and simmer 10-12 minutes or until tender. Remove from heat and let stand 5 minutes.
2. Meanwhile, heat 1/2 tablespoon (7.5 mL) canola oil in a large nonstick skillet over medium-high heat. Tilt skillet to coat bottom evenly; add onions, and cook 6 minutes or until richly browned, stirring frequently. Add mushrooms and cook 4

minutes or until tender, using two utensils to toss. Add garlic and cook 30 seconds, stirring constantly.
3. Remove from heat. Add spinach, oregano, salt, and undrained barley. Toss well to blend. Drizzle remaining 1 tablespoon (15 mL) canola oil evenly over all and toss gently until just coated.

Makes 4 servings • Serving size: 1/2 cup (125 mL)

Notes:

Nutrient analysis per serving

Calories: 150g
Total fat: 6.0 g
Saturated fat: 0.5 g
Trans fat: 0.0 g
Cholesterol: 0 mg
Sodium: 300 mg
Carbohydrate: 24 g
Fibre: 4 g
Sugars: 3 g
Protein: 3 g

Recipe courtesy of *The Heart-Smart Diabetes Kitchen: Fresh, Fast, and Flavorful Recipes Made with Canola Oil* from the American Diabetes Association and Canola Info, copyright 2009.

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www.diabetes.ca

BIST Annual General Meeting

The BIST Annual General Meeting was held on Monday September 26th. We had a great turnout and an engaging presentation by the Board of Directors, as well as exciting program updates from the Chairs of all our committees. The election of four new board members was held and we are thrilled that Tonya Flaming, Steve Gregory, Anya Tamir and Kate Moore have joined the board.

We have lots planned for this year, including:

- Continue to build our membership
- Build upon the success of fund raising events
- Expand and enhance Program/Services
- Focus on increasing awareness of ABI and BIST
- Build partnerships
- Recruit volunteers

BIST would be nowhere without our members and the important work of our many volunteers. Thank you for a successful year!

Upcoming Community Meetings

Date: Monday October 24th, 2011 6:00 pm - 8:00 pm

Focus: Registered Disability Savings Plan

Location: Northern District Library- 40 Orchard View Blvd, Room 200 (2nd Floor)

Date: Monday November 28th, 2011 6:00 pm - 8:00 pm

Focus: TBA

Location: Northern District Library- 40 Orchard View Blvd, Room 200 (2nd Floor)

Date: Monday Dec. 19th, 2011 6:00 – 8:00pm

Focus: Holiday Party

Location: Northern District Library- 40 Orchard View Blvd, Room 200 (2nd Floor)

Upcoming Events

Bowling

If you're looking for a fun afternoon with friends from BIST this is a good opportunity.

BIST will be holding another Bowling afternoon at the Thorncliffe Bowlerama on Tuesday November 8th, 12:30 – 3:00pm.

If you have any questions and /or are interested in participating please contact Kat Powell, BIST Programs and Services Coordinator at: (647)990-1485 or by e-mail at connections@bist.ca

Location: Thorncliffe Bowlerama,
East York Town Centre
45 Overlea Blvd.
416-421-2211

Note: Thorncliffe Bowlerama is wheelchair accessible

Price: \$8.50 (for two games of bowling)

For more information about the programs and events listed above please visit the BIST website at www.bist.ca and/or contact Kat Powell at connections@bist.ca or 647-990-1485.

Contact Information Updates

To ensure our database is up-to-date, please notify BIST of any address, telephone or email changes.

Please send updates to info@bistca or call 416-830-1485.

I Am A Survivor Journeying to Thrive

My name is Shireen Jeejeebhoy. And I am a survivor. That sounds a bit like an alcoholic introducing herself at an AA meeting. But my injury was wholly involuntary -- I had no say in it. More importantly, alcoholism is known while brain injury and its life-changing aspects is invisible, except in hockey players when they miss games. Yet even then, how much does anyone know about the utter destruction brain injury wreaks on a person and the long, slow journey to a good life?

My journey began in a four-car crash in 2000. I was the front-seat passenger in car number two: three impacts, three back-and-forths of the head, on top of a severe whiplash sustained nine years earlier in another car crash, which may have made me vulnerable to a closed head injury in 2000.

It was eight months before my brain injury was recognized, diagnosed, treated because I had no broken skull, no loss of consciousness.

I entered the world of outpatient neurorehab. Therapists surrounded me with encouragement and advice, cheering on each new accomplishment, even if only for reading a whole page in five minutes. The things that had been trivial had become mighty mountains to climb. It gave a new perspective on the skills acquired in childhood, taken for granted in adulthood, and lost through injury.

But the medical model hit a wall. I need to be able to read and write, to think and synthesize, to concentrate and listen, to see the big picture and remember. My reading problems were not the well-understood ones of being unable to recognize letters and words, but of being unable to read long enough to understand, to remember long enough to add to my current knowledge, and to see the big picture -- that is, all that I had read, as I progressed through an article, never mind a book.

The medical model cannot do much to fix higher cognitive functioning issues. But psychologists can. They use computers, brain biofeedback, at-home devices, psychological techniques, breathing, visualization, to name a few techniques, to accelerate brain healing. The brain can heal -- we know that from the "miracle" stories of people waking up from decades-long comas -- but it's slow. The key is to stimulate that process. At a basic level, it's to do what we did as kids: practice. Every day. Without fail. But at a treating level, it's to see the brain as an electrical organ, not just chemical. Its inputs are eyes, ears, taste, touch, smell. It can be trained to heal itself fuller, faster.

Unfortunately, it's difficult to achieve that all on one's own and so long as the survivor and their doctors cling to absolutes about brain injury healing. Yet brain injury let's people explore new territory and to create stronger, caring bonds with new friends or old working towards a shared goal: reintegration into society and creating a new purpose. Full functioning is not a pipe dream. It's hard, years-long, but doable.

Shireen is a member of BIST and we thank her for sharing her story. For more Survivor Stories please visit www.bist.ca/survivor-stories. You can also submit your own story to info@bist.ca.

Caregivers Workshop

Seven Habits of Highly Effective Families: Strategies for Navigating the Journey After ABI



Facilitator:

Caron Gan - RN, MScN, AAMFT Clinical Member & Approved Supervisor

Registered Marriage and Family Therapist Family Support Service, Brain Injury Rehabilitation Team at the Holland Bloorview Kids Rehabilitation Hospital

The family is usually the primary support for individuals after an acquired brain injury ("ABI") and therefore play a pivotal role in that injured individual's recovery. In addition to providing the necessary assistance for the individual's coping, family members often report role changes, role strain, and emotional adjustments related to the demands of caregiving.

This workshop will highlight the major challenges facing family members after an ABI event. Tips and strategies for coping and living with a family member with ABI will be shared. The presentation will conclude with a synopsis of the seven habits of highly effective families and ways of rebuilding a "new normal" after ABI.

Session Information:

Date: Monday October 24th, 2011

Time: 1:00 – 4:00pm

Location: Calvin Presbyterian Church – 26 Delise Ave. (416) 923-9030
1 block north of Yonge & St. Clair Ave. (TTC Subway station) on the west side of Yonge. St.

Parking - There is a "Green P" parking lot right beside the church along with some parking on the streets around.

There is no Fee for this program however participants must be members of the Brain Injury Society of Toronto (participants can become members of BIST during the registration session)

Registration: Please contact Kat Powell, BIST Programs and Services Coordinator, to register for this program at connections@bist.ca or 647-990-1485 **by the end of the day on Thursday October 20th.**

Don't get duped: How to avoid becoming a victim of fraud

Written by Matthew Chung, BIST Member & Volunteer

When it comes to avoiding fraud scams, Douglas Best, a lawyer specializing in corporate fraud with Miller Thomson LLP, has this simple advice: "If it sounds too good to be true, it is."

But Best, who has seen his fair share of fraud schemes targeting both corporations and individuals, is aware that scams are constantly changing and fraud artists are becoming more sophisticated.

"There are as many types of fraud as there are fraudsters," he says.

Indeed, even businesses and law firms are sometimes fooled. Just this month the federal Competition Bureau charged four Montreal-based companies, alleging they tricked business customers into purchasing \$172-million worth of office supplies and products at inflated prices.

For individuals, there are also an endless stream of telemarketing and internet-based schemes to be wary of. Here are just a couple of examples:

The Canadian Anti-Fraud Centre says it has received an increase in complaints from people targeted in the so-called 'Emergency' or 'Grandparent' scams. Typically in this scheme, a senior receives a call from a con artist claiming to be his or her grandchild. The fraudster will go on to say they are in some sort of trouble, such as they were involved in a car crash or have run into trouble overseas. The goal is to get the grandparent to wire money immediately.

The so-called Ponzi scam is another example of a fraud that people may be "vulnerable to," Best said.

In this scheme, the con artists offer a high return on an investment other investments cannot guarantee, to entice investors. However, the returns are coming out of the investor's own money or from other investors, rather than any actual profit. The scheme needs an ever-increasing amount of investment to continue and is destined to collapse if the fraudster doesn't just take off first with what money he or she has collected.

"With interest rates so low, people are looking for anything they can possibly get a higher return on," Best said. "There were higher returns in the past, so it doesn't seem all that outrageous. People wonder 'Why shouldn't I get 10 per cent?'"

So, what to do to avoid scams? While you need to be on guard, there is no reason to be overly paranoid so long as you exercise caution, Best says.

Best suggests if you are at all suspicious about someone asking for money or proposing a money-making scheme, to speak with someone you trust — whether that be someone at your bank branch or a good friend.

"There are no stupid questions when it comes to these things," he said. "Don't be shy about asking a friend, a banker, asking a neighbour."

If you're technologically savvy, you might want to check out a popular new app for smartphones, called The Scam Detector app. Created by Sorin Mihailovici, it is

loaded with 500 searchable scams in five categories. It was the top selling Lifestyle app in Canada.

Mihailovici told CTV news the idea behind his application is to make people aware of the dangers of financial fraud in all aspects of their life.

You can also check for potential frauds yourself or just get more information about fraud by visiting the Canadian Anti-Fraud Centre (<http://www.antifraudcentre.ca>), a site jointly managed by the RCMP, OPP and the Competition Bureau Canada. It provides frequent updates on the latest types of scam and tips on avoiding scams.

Its call-centre is staffed by anti-fraud specialists who can provide advice and take your report to try and prevent fraud.

The site also has an extensive list of types of fraud under the heading 'scam types'.

If you want to contact the centre directly, you can call toll free to 1-888-495-8501. You can also fax them at 1-888-654-9426 or send an email to info@antifraudcentre.ca.

Volunteer Spotlight

Name: Colleen Boyce

How long have you been a member of BIST?

2004

What is your volunteer role with BIST?

I am the founding Chair of BIST (2004 – 2005) and currently sit on 3 committees – BIAM, volunteers and communication.



What motivated you to become a volunteer with BIST?

I work in the brain injury field and since 1996 (I immigrated to Canada in 1995) I have volunteered within the brain injury community in a number of roles and capacities and strongly believe in giving back to the community I serve.

What is the best part of being a BIST volunteer?

Learning from the members who have sustained a brain injury. As professionals we may know theory but we have no idea what it is like to have sustained a brain injury. Our members are our best teachers. Working with other professionals who have the same commitment to the BIST cause.

Why do you think it is important to volunteer?

The emotions that accompany volunteering are vast, such as: accomplishment, giving back, commitment, learning, results, support, and team work, to name a few.

What would you say to potential volunteers?

It is so critical to give back in some capacity, no matter how big or small and all skill sets are needed to help charitable organizations such as BIST.

How do you balance work, life and volunteering?

It can be a challenge at times but the rewards of volunteering are immense and grounds me as a professional in the work I do. I love my family time, run, play tennis, play bridge, read, study and work full time BUT have adult children and have a lot more free time than when they were younger. The work / life balance is important and I thrive with all my activities.

What is your favourite book?

The Immortal Life of Henrietta Lacks by Rebecca Skloot. An incredible read.

What is your favourite movie?

The Kings Speech.

What other activities are of interest to you?

Running, tennis, bridge.

What is the most important thing you have learned through volunteering with BIST?

Learned empathy: learning from our members.

Call for Volunteers

We are looking for dedicated volunteers to help BIST develop and launch new programs, plan and host exciting new events this year, and enhance our awareness campaigns.

If you are able to commit your time and your passion to this worthy cause and if you are interested in any of the following opportunities please plan to attend a 2011 BIST Community Meeting to find out more about volunteering with BIST or contact BIST at info@bist.ca or 416-830-1485.

Someone from the volunteer committee will be in touch and will help you find the right fit for you and for BIST.

1. Join the Fund Raising Committee to help develop a new fund raising strategy for 2011/12 The committee will be researching new fund raising opportunities and identify best practices to guide its ongoing work. You will need to have experience with fund development and be able to work with the team to build on the successful initiatives already underway and seek

new opportunities to support BIST's continued growth.

2. Brain Injury Awareness Committee to help plan and execute the annual brain injury awareness month event, as well as other awareness initiatives. Currently, this Committee is looking for a survivor representative only. You will be required to actively participate in monthly committee meetings (if needed, you are welcome to bring your own support to help you maximize your participation), and to lead the survivor initiatives that support the Awareness Event. This would include attending some BIST Monthly Community Meetings to network and recruit volunteers, to colead various planning meetings around the initiatives, and to present and promote event details as appropriate, recruiting interest and participation of survivor groups.
3. Develop and Facilitate Personal Development Workshops on topics such as returning to work, managing relationships, etc. You will be responsible to develop and deliver a 2-2.5 hour workshop for adults with an acquired brain injury. You will need to have experience facilitating workshops, working with individuals with special needs, and have knowledge of programs and services available in the community for participants to access to gain further assistance or information.
4. Join the Program and Services Committee to assist with developing, planning, implementing, overseeing the programs & services that BIST offers to its members.
5. Join the Volunteer Committee to assist with recruiting and retaining the many volunteers that the organization needs to run its programs and services

Additional volunteer opportunities are expected soon so please visit the 'Volunteer Opportunities' page of our website www.bist.ca often to find the right opportunity for you to use your skills. In addition, we are open to new ideas. If you see a role for yourself with BIST but don't see it listed above, please feel free to contact us about your idea.

We expect you will find this a rewarding and meaningful experience and hope that you will gain as much from volunteering with BIST as we will from your involvement and support.

Peer Support Mentoring Program - Looking for Mentors

With another Mentor Training coming up this fall, the recruitment process for Mentors is in full speed. We are again recruiting both ABI survivors and ABI Survivor Family Members to become a mentor. There currently is a high need for Mentors who are Family Members in the program.

The Peer Support Mentoring Program for People Living with ABI connects an individual who is a "veteran" of a life experience involving Acquired Brain Injury (the "Mentor") with a "Partner" who is coping with a similar ABI-related situation and is in need of support from a knowledgeable friend. Both Mentors and Partners can be survivors, unpaid caregivers or family members.

Mentor/Partner matches are based on similar experiences and/or demographics and personal interests. Most of the mentoring will be conducted over the telephone (some by e-mail), making it possible for anyone in Ontario to

participate.

As a Mentor, you can help others by sharing your experiences. Mentors provide support, share information and resources with Partners who are coping with a similar ABI-related situation. Mentoring offers an excellent opportunity to help others during their recovery while learning new skills and making new acquaintances.

As a partner, you can learn from someone who has been there. Whether you are a survivor or a family member, you can be matched with a Mentor at any time after injury, from acute care to the return home. Your Mentor can even help you with situation that may arise many years after the injury.

For further information, or if you are interested in becoming a mentor or partner, please contact a Kat Powell, Peer Support Coordinator for the GTA region at 647-990-1485 or connections@bist.ca.

CHIRS/BIST Halloween Dance



SATURDAY OCTOBER 29, 2011

EARL BALES COMMUNITY CENTRE

4169 BATHURST ST.

1 LIGHT SOUTH OF SHEPPARD AVE.

(See map in back)

7-9pm

\$5.00/person Snacks Included

Please RSVP by Oct 21/11 to 647-990-1485

This Dance is open to all CHIRS and BIST members

Call for Artists with Disabilities

Are you an artist at heart? Has art helped you live more fully or see past challenges?

The Joshua Creek Heritage Arts Centre (www.joshuacreekarts.com) is planning its first annual exhibition of artists living with disability or, more accurately, artists with different abilities.

The exhibition is titled:

Art from the Heart, an exhibition of Artists with Different Abilities

Where: 1086 Burnhamthorpe Rd. East , Oakville , Ontario L6H 7B2
(1 km East of Trafalgar Rd. and North of HWY # 5)

When: January 12 – February 15, 2012
Opening Celebration on January 15

Contact: laurafernando@rogers.com
(Please copy info@joshuacreekarts.com as well)

This may be your first exhibition or one of many. Either way please apply and share your visual art with us, including drawing, painting, printmaking, photography, mixed media, and sculpture.

Please e-mail us your name, contact information, example of your artwork, and description of your disability. If you don't have a picture of your artwork handy, you can tell us about it instead. No stress! Feel free to send an e-mail if you have any questions or need support.

Once we have several artists apply we will contact you back to learn more. There is limited space so if you don't exhibit this year we can hold your application for next year if you like.

Meet & Learn Program



SERIES OF INFORMATION/ EDUCATION SESSIONS
ABOUT MILD BRAIN INJURY

- ❖ HAVE YOU SUSTAINED A 'MILD' BRAIN INJURY?
- ❖ ARE YOU INTERESTED IN LEARNING MORE ABOUT MILD BRAIN INJURY?
- ❖ WOULD YOU LIKE TO MEET OTHERS WITH SIMILAR EXPERIENCES?

THE MILD BRAIN INJURY INFORMATION SERIES CONSISTS OF:

Five once a week evening (6:30 – 8:00) meetings in October and November 2011

Start date: Tues. Oct. 25th, 2011.

End Date: Tues. Nov. 22nd, 2011.

- Maximum 12 participants
- Survivors with a minimum 12 months post injury
- Held at Sunnybrook HSC
- Specific topic each evening, including: General information about 'Mild' TBI (Traumatic Brain Injury); Executive Functions; Impact on families; Getting back to the social scene; Return to work concerns; and 'How I see myself now'.

In addition, concurrent evening sessions will be available to family members to provide them with general information about Mild Brain Injury.

To register:

Please contact Kat Powell, BIST Programs and Services Coordinator, at connections@bist.ca or 647-990-1485.

(Registration will be confirmed by telephone. You may be asked a few questions about your injury, to ensure suitability of all group members.)

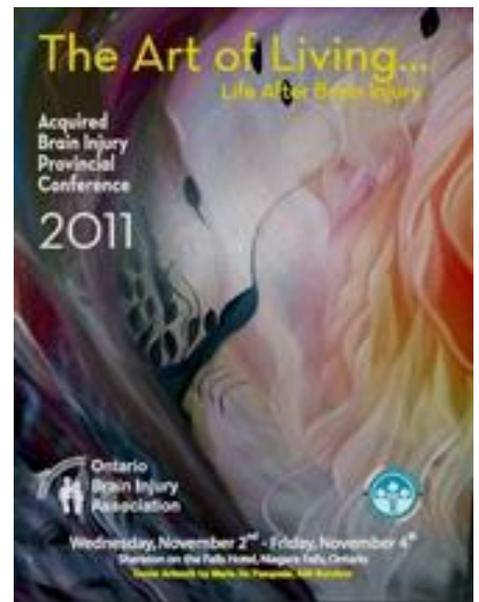
ABI 2011 PROVINCIAL CONFERENCE

The Art of Living... Life After Brain Injury

*Wednesday, November 2nd - Friday,
November 4th, 2011*

*Sheraton on the Falls Hotel, Niagara Falls,
Ontario*

The Ontario Brain Injury Association (OBIA) in collaboration with local associations from across the province who comprise the Community Support Network welcome you to the 2011 Provincial Acquired Brain Injury Conference.



In order to have a "greener" conference, the presenter's biographical sketches, presentations and additional materials will be available on this website. This will be updated as the presentations are received.

The conference theme is "The Art of Living....Life After Brain Injury". Many survivors of brain injury often feel that the person they were prior to their injury has been altered. This feeling may leave them grappling with their own blank

canvas as they try to conceptualize and establish who they are now. The work of art that will become their new life will encompass both challenges and victories, struggles and strengths. The survivor, family members, friends and professionals are all brush strokes on this new canvass of life.

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

BIST's Blog

www.torontobraininjuryblog.wordpress.com

BIST has a blog! Subscribe to receive the latest news, upcoming events and other great information delivered right to your inbox.

Facebook

BIST is on Facebook! Check it out by searching for Brain Injury Society of Toronto

Twitter

You can also follow BIST on Twitter at @BrainInjuryTO

Feel free to send submissions to info@bist.ca

Upcoming Events in Toronto

Toronto is a fantastic city and here are a few free events happening in the next couple of months.

HarbourKids: Monster

Date: October 8 – 10, 2011

Cost: FREE

www.harbourfrontcentre.com/harbourkids

HarbourKIDS: Monster is a three-day event featuring all things monster. From funny monsters to scary ones, you'll have a monstrously good time at HarbourKIDS: Monster!

This October, Halloween isn't the only thing scaring us silly! Face your fears with ghoulish games, monstrous making, fiendish fun and a brand new Fresh Ground new works commission, The Monster Makers. This event is programmed as part of Harbourfront Centre's Cool Kids family programming

Harbourfront Centre
235 Queens Quay West

Remembrance Day Ceremony at Old City Hall

Date: November 11, 2011

Time: 10:30 am – 12:00 pm

Cost: FREE

www.toronto.ca/lestweforget

City of Toronto services marking Remembrance Day take place at Old City Hall and at each of the Civic Centres across Toronto: East York, Etobicoke, North York, Scarborough and York. Services are also held at Fort York. The public is invited to attend these events.

Community organizations also organize services across the city, as does the Province of Ontario.

For those unable to attend, the Remembrance Day Service at Old City Hall is shown live on Citytv and broadcast live on the radio station CFRB.

Location:

Old City Hall

60 Queen Street West

Bay Street and Queen Street West

Buskertainment

Date: November 18, 2011 – December 4, 2011

Time: 12:00 pm – 2:00 pm

Cost: FREE

Visit various locations throughout Downtown Yonge and see mimes, illusionists, human statues, stilt walkers, balloon artists and more.

Occurs every Friday, Saturday and Sunday.

For more information contact:

Phone: 416-597-0255

Address:

Throughout the Downtown Yonge BIA

Public transit directions: College, Dundas or Queen Subway Stations (on the Yonge line)

Open Call for Submissions

Have any story ideas or submissions for the newsletter? Please send contributions to [**newsletter@bist.ca**](mailto:newsletter@bist.ca)

Contact Us:

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