



**B.I.A.P.R.**

Brain Injury Association  
Peterborough Region

# ABI FYI

Offered Virtually on Zoom Platform

- What is it?** A monthly information session that will give participants the opportunity to learn about the effects of acquired brain injury (ABI) and provide strategies and information around coping with these effects
- Who is it for?** Clients and members of BIAPR, family/caregivers of individuals living with ABI, community members interested in learning more about acquired brain injury
- When?** Third Thursday of the month – Attend virtually using your computer, tablet, phone (*Do Not attend in person*)  
Next session:  
**Thursday, October 15, 2020**  
**6:30 - 8:00 pm**
- What are the Topics?** **Mindfulness**  
Facilitated by Nicole Nadeau, OT Reg. (ONT)
- Where?** On-line from the comfort of your home
- How Much?** Cost is free
- Who to Call?** **Brain Injury Association Peterborough Region**  
**BIAPR Office** 705-741-1172 or 1-800-854-9738  
Please contact if interested in attending. We will email out the meeting details and instructions for using Zoom