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, March 16, 2023
6:30 - 8:00 pm

What are the Topics? **Mindfulness**
Facilitated by Nicole Nadeau, OT Reg. (ONT)

Zoom Information: https://us02web.zoom.us/j/88219184720?pwd=cS9CUi84eGVWQmlWWWNMWnB3dS82UT09

Toll Free Phone Number: 1-855-703-8985
Meeting ID: Meeting ID: 882 1918 4720
Passcode: 687198

Who to Contact? **BIAPR Office: abifyi@biapr.ca**

1-705-927-6295 (text or call)

Please contact if requiring support with Zoom platform