




# Manitoba Brain Injury ASSOCIATION

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Supporting each  
other towards  
a new beginning

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# MBIA MISSION

*To offer help and hope to individuals and families living with the effects of brain injury through direct services, education and advocacy; to promote independent living and a sense of community among those affected; and to educate all Manitobans towards the prevention of acquired brain injury.*

## Staff

**Executive Director:**  
Alexandra Beasse, MSW

**Program Coordinator**  
Cyerra Balitaan, BSW, RSW

**Selkirk Facilitator**  
Kelly Driedger, BSW, RSW

**Financial Officer:**  
Satoshi Yamashita, CPA

## Board of Directors:

**President:**  
Graham Todd

**Vice President:**  
Naomi Clarke

**Secretary:**  
Kelsey Bryk, PhD

**Treasurer:**  
Karen Thomas, MSW

## Directors:

Alain Nault  
Jeff Fisher  
Dawn Isaac  
Derek Pang  
Julie Walsh, MSW  
Kristyn Cain  
Linda English  
Lisa Engel, PhD

## Contact Us

**Visit the office:** 204-825 Sherbrook St. Winnipeg, MB R3M 1M5

**Phone:** 204-975-3280

**Email:** [info@mbia.ca](mailto:info@mbia.ca)

**Like us on Facebook:** Manitoba Brain Injury Association

**Follow us on Instagram:** MB\_BrainInjury

**Subscribe to our Youtube Channel:** Manitoba Brain Injury Association

## Winnipeg

### Survivor Support Group:

First 3 Wednesday's of the each month from 7-9:00PM through Zoom  
& Thursdays from 2:00-4:00PM  
203-825 Sherbrook Street  
Winnipeg, MB

### Young Survivors Group

Every last Wednesday of each month from 7:00-8:30PM through Zoom

## Brandon & Area

Every 3rd Monday of each month from 7:00-8:30PM  
Seniors for Seniors  
311 Park Ave E, Brandon, MB

## Selkirk

First and third Wednesday of each month  
from 1:00-3:00 PM  
Gordon Howard Seniors Centre  
384 Eveline St, Selkirk, MB R1A 1N3

*Support group schedules do not apply between July & August unless otherwise stated.*

# 18th Annual Walk

MBIA's 18th Annual Walk was a success! The members had a great time with activities, such as yoga, face painting, outdoor games, Zumba, and entering the raffle. Everyone enjoyed each other's company along with some delicious food and refreshments. This event would not have been possible without everyone's generous donations and contributions. Thank you very much for the support.





# Mock Car Crash

Each year, MBIA stages a mock car crash and funeral to teach the dangers of driving while intoxicated, along with Stars Air Ambulance, Winnipeg Fire Paramedic Services, Manitoba Public Insurance, Winnipeg Police, and Chapel Lawn Funeral Home. The students shared personal stories and enjoyed interacting with first responders about their occupations. Most of them loved the part where the helicopter flew in, and some students also enjoyed the hearse. At the end of the presentation, students were welcome to check out all the emergency vehicles, and MPI's booth was quite popular for its virtual reality goggles that gave students an idea of their surroundings while under the influence.





# Halloween

Our members had a blast during our Halloween 2022 Party! They had pizza, played games, received treat bags, and took fun pictures. It was a great time to catch up and socialize with each other. Thank you to everyone who participated.





# Holiday Season

Our Holiday dinner is an event our members look forward to every year. This year we held a hybrid holiday party so members could attend in-person or virtually. We had a delicious dinner catered by Luigi's Catering. The members received gift bags with a letter, hygiene products, clothing, and Foodfare gift certificates.

Thank you to our volunteers and board of directors who served our members during the party. We also thank Connor Derraugh for his live performance!

Last but not least, thank you to all the sponsors and donors that made this holiday season special. We appreciate all your support and couldn't have done it without your help!

**Thank you to  
our sponsors  
and donors:**

Foodfare

EZ Transit

Wawanesa

Insurance

Reliable Mobility

Manitoba

Possible

Jeniffer Martin

Nancy Chartrand

Alexandra

Beasse



# Interested in Attending our Programs?

## P.A.R.T.Y. Program

Interested in learning about how to keep yourself and your friends safe? Want to learn about preventative measures you can take to protect yourself in potentially risky, dangerous?

Register your school for a P.A.R.T.Y. session for the 2022-2023 school year! Email **community@mbia.ca** to register.



## Caregiver's Psychoeducational Group

Interested in improving your skills to help care for yourself and your loved ones with a brain injury? Our 7-week program is perfect for you! Email **services@mbia.ca** to register.





# Support Groups

## Winnipeg

First 3 Wednesdays of the month:  
7 - 9 PM on Zoom

Every Thursday: Hybrid Cisco Webex  
2 - 4 PM (In-person, online, phone call)  
Manitoba Possible  
204-825 Sherbrook Street

## Young Survivor's

Last Wednesday of the month:  
7-9 PM on Zoom

## Brandon

Third Monday of the month:  
7 - 9 PM at Seniors for Seniors  
311 Park Ave E, Brandon, MB

## Selkirk

First and third Wednesday of each month  
7:00-8:30 PM at Pat Porter Active Living Centre  
10 Chrysler Gate, Steinbach, MB



# Meet the Staff

## Alexandra Beasse

When she's not busy working to support and grow services provided by MBIA, Alexandra can often be found being creative. She enjoys quilting, painting, canning and cooking. Never one for picking a easy project, Alexandra makes perogies and tortierre by the dozens!

She is also enjoying the challenge of choosing the colours to make a quilting pattern come alive.

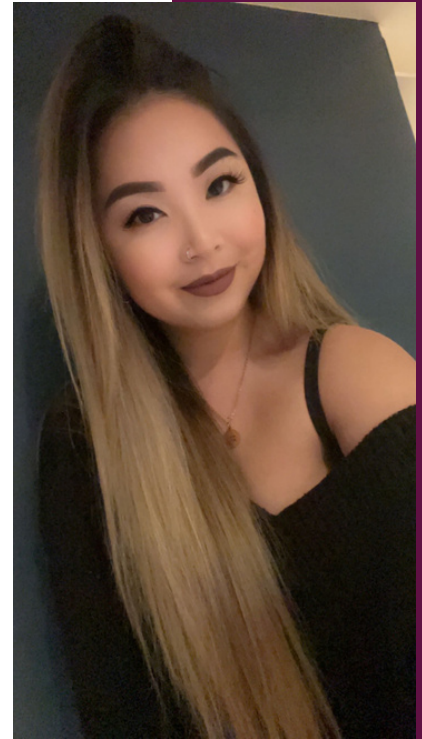
Alexandra is pictured here with a quilt She pieced using a technique called English paper piecing.



# Meet the Staff

## Cyerra Balitaan

Hello! I am Cyerra. I started off at MBIA as a social work student almost 3 years ago and now I am the Engagement Coordinator! Outside of MBIA, I like to watch movies (horror is my absolute favourite), go out to eat, and spend time with family and friends. I am also a HUGE Game of Thrones/House of the Dragon fan (I stan House Stark).



## Ysabelle Redondo

Hi, my name is Ysabelle! I'm fairly new at MBIA and I work here as an administrative assistant. I love travelling and spending time with my dog. My hobbies include baking, painting, building legos and puzzles, and ice skating. When I have some time, I like going to cafes and enjoying a cup of matcha latte or trying new restaurants with the help of Tiktok. You've probably spoken to me on the phone, but feel free to say hi if you haven't yet!





# Welcome Students

## Lauren Webster

Hello everyone! My name is Lauren. I moved here from Alabama so you might hear a southern accent in my voice from time to time. I love being in Canada, but could you please do something about the snow? I like learning new things and I have a special fondness for new recipes. I have many hobbies, but my favorites right now are knitting and playing video games with nieces and nephews who still live in the States. So, if you have time come say hi and bring your favorite recipes.



## Samanta Dubois

Hi there! My name is Samanta, and I am truly honoured to be a student here at MBIA. Most of you don't yet know me yet because I only started at the end of November. Some of you saw me at our Christmas party, or I might even have called you! I am from Montreal, Quebec and have been in Winnipeg for 5 years. I speak French, English and a little of Spanish. Outside being at MBIA, I spend most of my time studying and working (you've got to do what you've got to do), so I try to balance that out with doing CrossFit as much as I can. When I can, I love to go out, salsa dancing, going to the movies, trying a new restaurant or really anything activities I am offered. During summertime, the best time, I love doing road trips and going to the beach and camping. Hoping to see you around sometimes soon or to speak with you on the phone!



# Thank you Volunteers!

We would like to give a big thank you to our volunteers: Darimi, Evan, Juliet, Rhia, Shera, SJ, Melissa, and Jamie.

They did wellness checks and helped with office organization. Thank you for helping us during our busiest time of the year. We appreciate your support!



# Upcoming Events

## March Brain Love Month

We are collaborating with Bootlegger and Canadian Royal Purple for our Brain Love campaign in March to support those living with brain injuries. Bootlegger stores in Manitoba will accept donations and those who donate will be entered to win a free pair of jeans!



## Remembering Brett Allen

This event will be held at Rumor's Restaurant and comedy club on April 22, 2023, and will feature the comedic talents of Tony Woods. There will be a 7 pm show and a 9 pm show. Tickets are \$25 and for those who cannot make it and would like to show their support, support tickets are \$15. For tickets, please contact [BAllenFundraiser@gmail.com](mailto:BAllenFundraiser@gmail.com) or [info@mbia.ca](mailto:info@mbia.ca)





# BRAIN GAMES!

Word searches are a great and fun way to exercise the brain and promote brain health!

## WINTER

U	O	K	S	E	K	A	L	F	U	H	Q	E	T	T	G	G
O	L	M	L	H	O	P	D	G	O	V	A	E	Q	F	S	R
S	F	R	O	S	T	Y	Q	C	I	R	E	E	Y	V	H	E
L	C	K	E	U	B	R	K	M	M	L	C	O	P	Q	S	T
M	A	A	G	L	R	E	B	U	S	O	O	S	P	O	N	N
Q	Y	Y	R	S	Y	C	F	O	C	P	F	Y	I	H	O	I
U	I	R	E	F	D	F	Z	O	O	N	R	N	N	T	W	W
F	M	T	A	R	S	W	A	W	S	T	O	S	A	M	U	G
T	S	D	R	U	S	D	H	G	N	D	S	H	Z	A	V	G
O	O	O	W	A	N	H	J	L	O	A	T	W	K	P	I	N
F	Y	H	L	T	E	A	D	O	W	I	B	E	H	U	Z	I
L	T	O	L	B	L	H	J	V	M	G	I	Z	X	I	C	Z
A	L	E	V	O	H	S	I	E	A	L	T	M	R	O	T	E
N	M	Z	T	T	Y	W	X	S	N	O	T	T	L	R	N	E
N	E	H	C	N	A	L	A	V	A	O	E	D	D	Y	I	R
E	Q	B	B	L	U	S	T	E	R	Y	N	Y	Z	O	C	F
L	M	R	A	W	K	F	V	D	E	L	S	B	O	B	G	B

WINTER  
SLEET  
SLUSH  
SHOVEL  
SNOWMAN  
FLAKES  
FREEZING

NIPPY  
HOCKEY  
BOOTS  
FROSTY  
GLOVES  
COCOA  
COLD

FROSTBITTEN  
MUG  
IGLOO  
FLANNEL  
HAT  
HOT  
SNOW

EARMUFFS  
AVALANCHE  
WHITE  
JANUARY  
SCARF  
HEART

BOBSLED  
MELT  
LAYERS  
COZY  
BLUSTERY  
WARM