

All programs are offered without charge to SBIA Members. If you would like to attend SBIA Programs or for more information, please contact us [HERE](#).

CHAPTER SUPPORT GROUPS

With support groups, participants are able to socialize with others who understand the challenges of living with a brain injury. The support group provides an opportunity to make friends and connect with others. Many participants are able to learn new strategies to deal with challenges due to brain injury.

Regina Chapter | Regent Place, Regina Public Library | Thursdays 11:00am - 11:45am (Weekly)

Yorkton Chapter | Zoom Video Call | 4th Wednesday of the month | 6:30pm (Monthly)

DRUMMING GROUP

The Regina Chapter Association holds a Drumming Group weekly for brain injury survivors. This group provides survivors with a wonderful opportunity to get together each week, receive support from others, share their experiences and have a great time! Physical benefits of drumming may include an increase in mental alertness and muscle coordination as well as reducing blood pressure and heart rate. This group meets from Sept to May.

Regina Chapter | Argyle North Community Association (35 Davin Cr.) | Wednesdays 1:00pm (Weekly)

BRAIN POWER HOUR

Brain Power Hour is a weekly exercise and walking group for survivors and supporters. Participants are encouraged to set their own personal fitness goals at the beginning of the program and work towards them. Walking groups provide survivors and their families a chance to get some exercise while socializing with a support network. This program is designed to meet the needs of participants who have sustained a brain injury and experience cognitive, physical and/or social challenges when participating in community-based exercise. The Saskatoon's program runs September to May then continues outdoors for the summer from June to August. You can also check our Brain Power Hour Video's on our YouTube Channel by clicking [HERE](#).

Saskatoon Chapter | Saskatoon Field House | Wednesdays at 6:30 - 8:00pm (Weekly)

Kindersley Chapter | West Central Events Centre | Wednesdays at 6:30 - 8:00pm (Weekly)

Prince Albert Chapter | Albert Jenkins Field House | Saturday Jan 20, Feb 17, Mar 16, Apr 20 & May 17 at 1pm (Monthly)

SOCIAL BEANS

Social Beans provide young people an opportunity to create lasting friendships as they get together weekly. With Social Beans, participants are able to socialize with others who understand the challenges of living with a brain injury. Many participants are able to learn new strategies to deal with challenges due to brain injury.

Regina Chapter | Local Coffee Shop | Thursdays at 6:00 - 7:30pm (Weekly)

Saskatoon Chapter | Tim Hortons at 810 Circle Dr E Unit #10 | Tuesdays 7:00 - 8:00pm (Weekly)

ABI SUPPORTERS GROUP

ABI Supporters Group is an opportunity to meet virtually with other supporters who may be facing similar challenges. The idea is to provide support, advice, sympathetic ears and celebrate triumphs. This group meets from September to June.

Saskatoon ABI Supporters Group | Zoom Video Call | 4th Mondays at 7:00pm (Monthly)

SPRING RETREAT

Saturday March 23 & Sunday March 24, 2024
Parktown Hotel, 924 Spadina Cres. E. Saskatoon

This weekend is filled with interesting and informative sessions, musical entertainment, interactive discussions, fun games, and much more! Participants enjoy meeting new friends and reconnecting with those they met at other events. Participants learn helpful information from presenters, such as caring for each other and themselves, adapted exercise or dance with a fun social featuring entertainment and games

Registration Opens February 15th

SURVIVOR AND FAMILY CAMP

Saturday-Sunday, June 21-23, 2024
Shekinah Retreat Centre, near Waldheim.

Campers absorb memorable prairie sunsets and gorgeous views while staying at this wonderful destination which for some is their annual holiday. This fun weekend features interactive sessions for both ABI survivors and their family members, musical entertainment, creative crafts, indoor and outdoor games, delicious food, and an evening social.

Registration Opens: April 1st

BRAIN BOOGIE

August and September

The Brain Boogie is a provincial walk-a-thon and race event to raise money for the programs that support brain injury survivors and their families. This event was started over 20 years ago by a survivor who felt the need for programs to provide opportunities for survivors to continue learning and regaining some of what they had lost due to their injuries.

In each of the 5 cities where it is held each year, participation in the Brain Boogie by survivors is very strong because survivors value the programs it supports and they enjoy the sense of community that the Brain Boogie offers. Some survivors spend the entire year collecting pledges, sometimes one loonie at a time. The Brain Boogie consists of a group walk throughout a designated route, followed by a Family Fun Boogie Celebration with BBQ & other fun activities.

Registration Opens: February 1st

FALL RETREAT

Saturday-Sunday, October 2024
Regina, SK

Interactive discussions and presentations for both caregivers and survivors are followed by crafts and fun activities. After a full day of education and inspiration, attendees enjoy a night filled with dancing, games, snacks, socializing and many laughs with both new and old friends and reconnecting with those they met at other events. Participants learn helpful information from presenters, such as caring for each other and themselves, adapted exercise or dance with a fun social featuring entertainment and games

Registration Opens: September 22nd