

# Are you affected by **STROKE** or **BRAIN INJURY**?

Join us for our upcoming Educational Workshop

## Strategies on Rebuilding your Life After Brain Injury

With Mick Timbrell, NBIS Community Navigator

Wednesday December 12th 1:30– 3:00 pm

NBIS Lounge, 285 Prideaux Street, Nanaimo

This session will provide participants with the opportunity to learn the tools to help with the ongoing challenge of rebuilding their lives post ABI. Sessions will focus on strategies and ideas to manage energy, build confidence, and set meaningful goals. The workshop material will be done in a group setting and participants will have the chance to share their experiences and acquire new skills.



**Mick Timbrell:** NBIS Community Navigator

Mick has lived in the of the city of Nanaimo for over 23 years and brings his local knowledge and experience working with people facing a variety of challenges, such as mental health issues and homelessness. Mick completed his Bachelor of Social Work degree at Vancouver Island University and is an active community volunteer as a lay-counselor. Mick is passionate about helping others and brings his energy and enthusiasm in working with those living with a brain injury.

**Reserved for people with acquired brain injury/stroke.**

**No Charge. Space is limited. Please call or email to reserve your seat.**

**Call Mick 250-753-5600 ext. 203 or email [mick@nbis.ca](mailto:mick@nbis.ca)**

