

# PROGRAMS

We offer a variety of programs and support groups for survivors and their families in their journey towards recovery, in a safe and inclusive environment

## STEP UP WORK CENTRE

a member directed day program designed for individuals living with the effects of an acquired brain injury

## ARTISTIC EXPRESSION WORKSHOP

a workshop for ABI survivors and their family to learn new coping mechanisms by drawing on their creative abilities



## OUR MISSION

To educate, advocate, and provide information, hope, and support to brain injury survivors, their families, and caregivers

## DONATE TODAY



*Your donation helps bring hope and healing to survivors*

## CONTACT US

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*Brain Injury  
Association of the  
Ottawa Valley*

