

*“All I could
do was sit in
the dark...”*

HELP DEFY LIMITATIONS

Support the Campaign for Brain Care Centre's
Concussion Program

"ALL I COULD DO WAS SIT IN THE DARK"

—Roxanne Robichaud

On January 18th, 2018, I was on my way to work when the bus I was riding was hit. I slid across the bench seat, hit my head, and lost consciousness for less than a minute. I realized pretty quickly that **I just felt different and not like myself.**

After seeing the doctor, who confirmed I had a concussion, **I spent three months trying to recover on my own.** In the beginning, I couldn't do anything because of the intense headaches and vertigo.

There were times where I just felt "stupid". I'm not, but it's how I felt. I couldn't think of the right

words and couldn't talk the way I used to. I was experiencing a lot of anxiety and fear.

Then I learned about the Brain Care Centre. There was a wait to get into the program, but once I did, **it changed my recovery in so many ways.**

I've been able to work with a counsellor and occupational therapist to get back to work as an Executive Assistant. The support group has been transformative and helped me to realize **I wasn't alone in this experience.** I've been able to help other people too, little things that I've learned and have passed on to others—and that's **made me feel capable again.**



You can help defy limitations by donating today at braincarecentre.com



BRAIN CARE CENTRE'S CONCUSSION PROGRAM

Concussion is different for everyone and there is a unique recovery curve that comes with all kinds of ups and downs. That's where **multidisciplinary supports that address the whole person** become critically important. BCC's Concussion Program is designed to help people understand the implications of their injury and return to the lives they want to live.

Services include:

- ▶ One-to-one counselling
- ▶ Support group
- ▶ Occupational Therapy
- ▶ Education
- ▶ Assistive Device Training

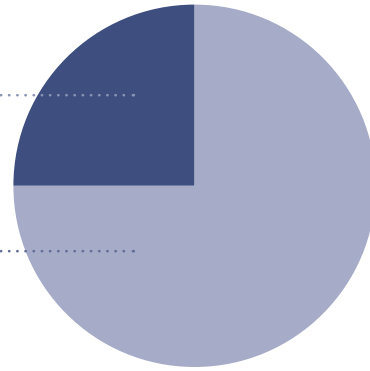
Donate today at braincarecentre.com

\$500,000

Gap in Concussion Program funding

\$1.5M

Operating budget



WE CANNOT ALLOW PEOPLE LIKE ROXANNE TO SIT IN THE DARK ANY LONGER.

We invite you to help those who need us, when they need us.

You can be part of eliminating our year-long wait list by considering these opportunities that will change the trajectory of someone's life:

\$1,200 (or \$100 each month for a one year commitment) sponsors 12 individual counselling or occupational therapy sessions. This work is critical for helping someone adapt

and move forward despite the challenges they may be facing.

\$2,400 (or \$200 each month for a one-year commitment) gives a person, like Roxanne, complete access to the concussion program from start to finish.

A \$100,000 gift would allow us to immediately hire the professionals we need to increase our capacity and do more.



We are truly grateful for your commitment in changing the lives of people like Roxanne. Please contact Jim Pringle and let him know you want to help defy limitations.

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BUCHANAN CENTRE
for Parkinson Patient Support

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Your generosity makes a difference and helps friends, family and colleagues battle back from brain injury and defy limitations.