



## PHD ABIS Educational and Skills Training Workshops

The Educational and Skills Training Workshops are open to individuals with an acquired brain injury, their family and care givers as well as to all PHD ABIS staff. The goals of these workshops are to share education and information regarding specific topics, as well as, to provide and encourage peer support.

The workshops will be held the *first **Wednesday evening of every month*** (*unless otherwise posted*), at our Mississauga Head Office location in the recreation room downstairs, and the Orangeville office location via the OTN. The workshops will run from 7pm – 8:30pm with a break time within and a time for Q&A at the end of each workshop.

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### **September 7<sup>th</sup>**    **ABI Education**

**SPEAKERS:** Dr. Deborah Tang - Psychologist, Clinical Director PHD ABIS  
Lindsey Neal - Behavioural Service Coordinator

*This workshop will provide an overview of the structure and function of the brain and what happens after a brain injury occurs. The presenters will be describing the consequences the brain injury has on an individual and the challenges that may often arise. The presenters will also provide some strategies to help manage some of these challenges.*

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### **October 5<sup>th</sup>**    **Managing Depression**

**SPEAKER:** Mike Marshall – RSW, Clinical Supervisor and Ombudsperson at PHD ABIS

*This workshop will provide information to the participants regarding: what is depression, what are the effects of depression, and how to better manage and handle one's depressive thoughts. Participants will be given several techniques to help move out of depression including Cognitive Behaviour Therapy.*

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### **November 2<sup>nd</sup>**    **Pharmacology and ABI**

**SPEAKER:** Benjit Singh - BSPS, PharmD Pharmacist

*This workshop will provide participants information regarding pharmacology and the benefits and impacts that certain prescription medications have on individuals. Participants will be given an opportunity to ask specific questions regarding medication that they have been prescribed by their doctors.*

**December 7<sup>th</sup>**    **Finances After ABI – Looking for Financial Assistance Programs/Credits**

**SPEAKER:** Michael Ferrel - Case Manager at PHD ABIS

*This workshop will provide information regarding the types of financial assistance that there is available for people with disabilities and the criteria needed to qualify for the assistance. Ontario Disability Support Program, Canadian Pension Plan, Ontario works and other assistance programs will be discussed.*

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**January 4<sup>th</sup>**    **Stress and Relaxation**

**SPEAKERS:** Anna Cook – MSW, RSW, Clinical Services Manager at PHD ABIS

*This workshop will provide participants information regarding stress and how it affects our lives. Participants will learn how to identify different types of stress and how to practice different relaxation and meditation techniques that will help manage their stress and help them to relax. The practice of Mindfulness will also be discussed.*

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**February 1<sup>st</sup>**    **Legal Advice for the ABI Population**

**SPEAKER:** Lawyer – TBD

*This workshop will provide information regarding will writing/estate planning and Power of Attorney.*

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**March 1<sup>st</sup>**    **Budgeting, Investments and Tax Credit Assistance**

**SPEAKER:** Melissa McDermott CPA, CGA, Senior Accountant at PHD ABIS

*This workshop will provide participants with information regarding money management, creating a personal budget, investment ideas, return on investments, and obtaining a CRA disability tax credit certificate for future tax planning.*

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All PHD ABI Services Educational and Skills Training Workshops are open to individuals with an acquired brain injury, their family and care givers, PHD ABIS staff, community partners/ staff, and interested members of the public. The goals of these workshops are to: promote awareness, share education and information, and facilitate and encourage peer support.

All events are FREE and refreshments will be provided. Workshops will be made available to the public via [phdabis.org](http://phdabis.org), or by arrangement. Pls. contact [Dorothy.Heidbuurt@phdabis.org](mailto:Dorothy.Heidbuurt@phdabis.org) if you have any questions or concerns.

Winner of the 2010  
OBIA Corporate  
Fellowship Award



PHD ABIS is funded by the Ministry of Health and  
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