

**Coffee Talk**

*Every Second and Last Wednesday of the month  
1:30—3:00 pm*

Come and be part of the NABIS community! This group provides opportunities for survivors to interact with others affected by brain injury, discuss information and ideas that foster a continuing healthy lifestyle, and become more informed of upcoming events in the community. This group is open to NABIS members and is facilitated by NABIS staff. Our focus will be on fun, conversation and positive living. Call Shelly or Michael for registration.



**NABIS Christmas Was Fun!**

Tannis and Robin joined with Edson's Reflections Society and once again cooked turkeys and served a hot Christmas dinner to over fifty. Here in Edmonton NABIS, EBIRS and Networks joined forces for a pot-luck beyond compare! Regulars Doug and Greg, as well as 200 others, enjoyed a fine evening.



**Women's Group Enjoys Impromptu Cake in Celebration of Friendship and Growth!**

A message was delivered to the Women's Support Group in January from a very appreciative group member - on a CAKE that group member, Susan, helped her envision. Cathy thanked her group in her cake's design and in her poem:

**A CLOUD**  
by Cathy McCallum

*A cloud that was once a dark stormy one  
Full of loneliness tears and despair.  
It's now a light white fluffy one.  
It can enjoy the sun,  
The happiness life now has to offer,  
For accepting me as I am - The new cloud.  
The one with the silver lining.  
Thanks for the inspiration and friendship.*

