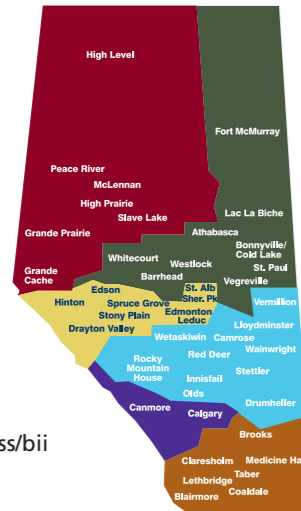


## Alberta Brain Injury Network Offices

Alberta Seniors and Community Supports has contracted with agencies in six regions of the province to provide support, coordination and outreach services.

The following is a listing by region of the Alberta Brain Injury Network Offices involved in the service coordination.

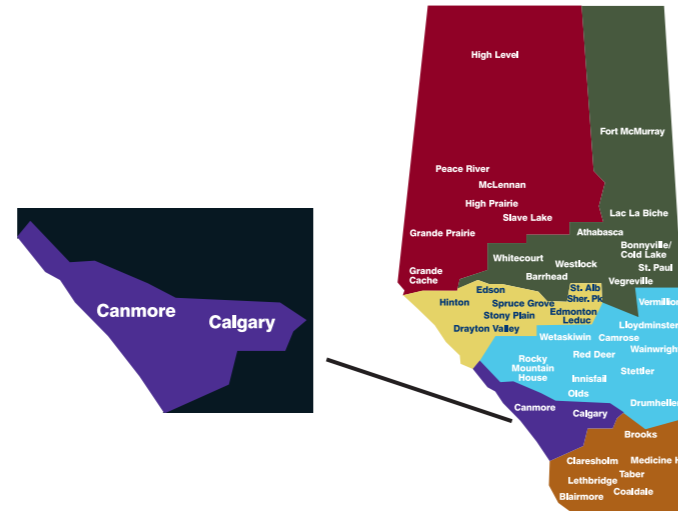


**Provincial Office**  
P.O. Box 476  
Edmonton AB T5J 2K1

OR

Message Line: (780) 415-2747  
Fax: (780) 427-9145  
Website: [www.seniors.gov.ab.ca/css/bii](http://www.seniors.gov.ab.ca/css/bii)  
Email: [braininjury@gov.ab.ca](mailto:braininjury@gov.ab.ca)

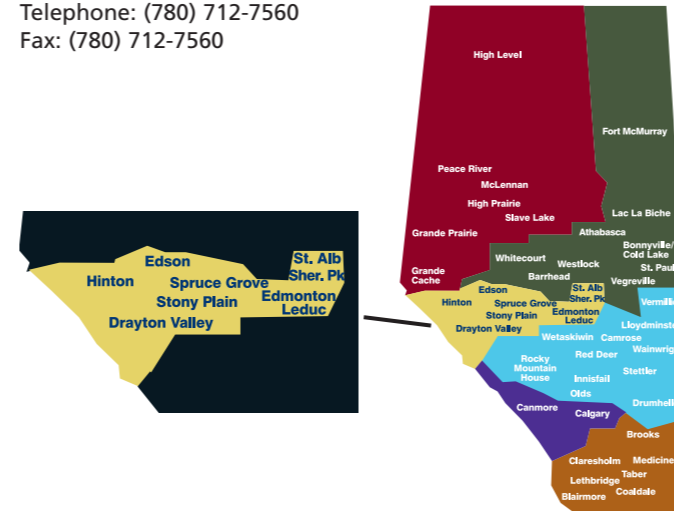
**Calgary Region**  
Southern Alberta Brain Injury Society (SABIS)  
137, 2723 - 37 Avenue NE  
Calgary, Alberta T1Y 5R8  
Telephone: (403) 521-5212  
Fax: (403) 283-5867



**Edmonton Region**  
Northern Alberta Brain Injury Society (NABIS)  
#301, Royal Alexandra Place  
10106 - 111 Avenue  
Edmonton, Alberta T5G 0B4  
Telephone: (780) 479-1757  
Fax: (780) 474-4415

OR

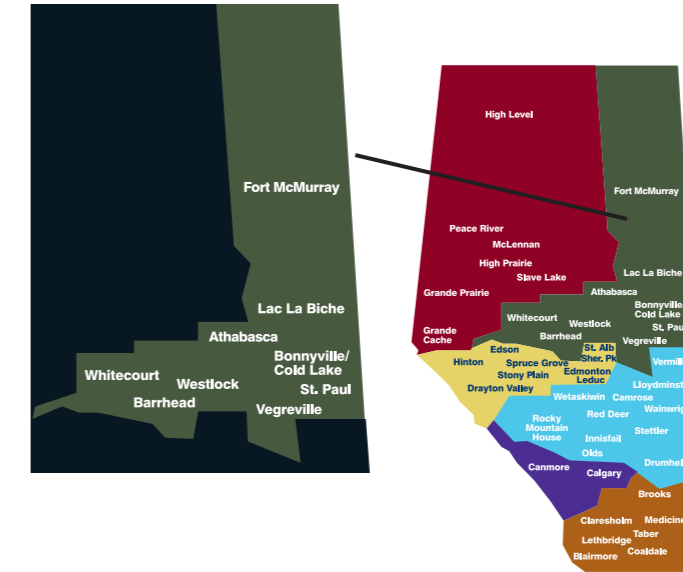
NABIS, Edson Office  
Box 20027  
Edson, Alberta T7E 1W4  
Telephone: (780) 712-7560  
Fax: (780) 712-7560



**Northeast Region**  
St. Paul Abilities Network  
4915 - 51 Avenue  
4915 - 51 Avenue  
(P.O. Box 457)  
St. Paul, Alberta T0A 3A0  
Telephone: (780) 645-3441  
Toll Free: 1-866-645-3900  
Fax: (780) 645-1885

OR

Blue Heron Support Services  
Association  
4925 - 51 Avenue  
(P.O. Box 4238)  
Barrhead, Alberta T7N 1A2  
Telephone: (780) 674-4944  
Fax: (780) 674-6294



## Library/Resource Database

A comprehensive list of agencies and resources available in Alberta can be accessed at [www.brainresource.ca](http://www.brainresource.ca)

## Contacting Brain Injury Associations

There are many advocacy and support groups in Alberta that provide support to brain injury survivors, families and friends. Service Coordinators and the Alberta Brain Injury Help Line (Telephone: (780) 474-5678 or Toll Free: 1-877-474-5678) will be able to assist you in contacting Brain Injury Associations and advocacy or support groups in your area. These resource groups are also listed at [www.brainresource.ca](http://www.brainresource.ca).

## Internet Resources

There are many websites related to brain injury that may be of interest to you and your family. Some sites provide information regarding research, treatment and rehabilitation, while others highlight resources and supports that are available to brain injury survivors and their families.

Whatever you're looking for, it is important to remember that although the Internet can be a great source of information, not all websites are equally reliable. When looking for information on the Internet, keep in mind the following:

Rehabilitation of the Adult and Child with Traumatic Brain Injury,  
Second Edition  
Rosenthal, Mitchell; Griffith, Ernest R.; Bond, Michael R.; Miller, J. Douglas, Editors. - Forward by Bryan Jennett  
Philadelphia : F. A. Davis Company. - xxxviii, 652 p. : ill. 1990

Sexuality and the Person with Traumatic Brain Injury : A Guide For Families  
Griffith, Ernest [and] Lemberg, Sally  
Philadelphia, PA : F. A. Davis - xii, 170p.1992

Signs and Strategies for Educating Students with Brain Injuries : A Practical Guide for Teachers and Students  
Wolcott, Gary; Lash, Marilyn; Pearson, Sue  
Houston, TX : HDI Publishers - 101p. 1995

Slow Dance: A Story of Stroke, Love and Disability  
Klein, Bonnie Sherr, in collaboration with Persimmon Blackbridge  
Toronto: Vintage Canada 1997

Susan's Dad: A Child's Story of Head Injury  
Leaf, Leif E., illustrated by Lisa Widocki  
Emeryville, CA: Meadowbrook Rehabilitation Group 1994

Teaching Job Seeking Skills  
Wesolowski, Michael  
Houston, TX: HDI Publishers - 93 p. - (HDI Professional Series on Traumatic Brain Injury; no. 16) 1988

Head Injury and the Family : A Life and Living Perspective  
Orto, Arthur E. Dell; Power, Paul W.  
Winter Park, FL : PMD Publishers Group - x, 246p. 1994

Hiring the Head Injured : What to Expect  
DeBoskey, Dana S., [et al]  
Houston, TX : HDI Publishers, 1989 - 55 p. - (HDI Coping Series on Head Injury; no.3). 1989

Interdependence: The Road to Community, Second Edition  
Condeluci, Al  
Boca Raton, FL : CRC Press 1998

The Joy of Not Working : How to Enjoy Your Leisure Time Like Never Before  
Zelinski, Ernie J.  
Edmonton : VIP Books - 186p. : ill. 1993

Kidnapping Kevin Kowalski  
Auch, Mary Jane  
New York: Scholastic, Inc. - 124p. 1990

Living with Chronic Pain : A How To Manage Manual for Families of Chronic Pain Patients  
DeBoskey, Dana S.; Alberts Jr., Fred L.; Greif, Stuart J.; Morin, Karen; Todd, Dennis  
Tampa, FL : Tampa General Rehabilitation Center, Tampa General Hospital - 65 p. 1989

Living with Stroke: Putting The Pieces Back Together: Participants Manual  
Heart and Stroke Foundation 1999

Coma : Key To Awakening  
Mindell, Arnold  
Boston, MA: Shambhala Publications 1989

Coming Home: A Discharge Manual for Families of Persons with a Brain Injury  
DeBoskey, Dana S., editor  
Houston, TX: HDI Publishers - 63p. 1996

Community Integration Following Traumatic Brain Injury  
Kreutzer, Jeffrey S.; Wehman, Paul  
Baltimore: Paul H. Brookes Publishing Co. - xiii, 338 p.: ill.; 26 cm 1990

Courage after Coma : A Family's Journey  
Mathewson, Mufty ; foreword by Barry Miller  
Edmonton : Uneek Experience Ltd. 1997

Crushed, but Not Destroyed  
Longenecker, Sharon  
Boring, OR : Sun Ray Publishing Co., 232p 1984

Developing Self Control  
Wesolowski, Michael  
Houston, TX : HDI Publishers - 60 p. - (HDI Professional Series on Traumatic Brain Injury; no. 14) 1988

Developing the TBI Rehab Plan  
Guare, Richard  
Houston, TX : HDI Publishers - 43 p. - (HDI Professional Series on Traumatic Brain Injury; no. 4) 1988

## Reference Material

There are many excellent books available; the following resources are a great place to get started.

Accessing Community Resources:  
Discharge Planning  
Guth, Mark  
Houston, TX : HDI Publishers - 67p. ; 23 cm. (HDI Professional Series on Traumatic Brain Injury, no. 13) 1988

Alex's Journey : The Story of a Child with a Brain Tumor  
American Brain Tumor Association  
Des Plaines, IL : ABTA - 56p. - ill. 1994

Beyond Difference  
Condeluci, Al  
Delray Beach, FL : St. Lucie Press - Iv, 246p. 1996

Brain Injury Rehabilitation with Children and Adolescents  
Ylvisaker, Mark  
Houston, TX : HDI Publishers - 65p. (HDI Professional Series on Traumatic Brain Injury; no. 12) 1988

- Websites of provincial and federal governments, as well as medical and health professional organizations, are usually reliable sources of information.
- When accessing out-of-province and out-of-country resources, it is important to remember that information regarding laws, benefits and health care systems may be quite different from those in Alberta.
- In Canada, "brain injury" and "acquired brain injury" are the most common search keywords. If you want to access websites from the United States, try using the term "traumatic brain injury."
- Some websites offer products, services and resources for sale. Before buying anything from a website, show the site to family members or an advocate, or ask someone from your local brain injury association if they are familiar with the site.
- Any information you find on the Internet should not be used as a substitute for advice from a professional. Discuss website information with your doctor, rehabilitation specialist, lawyer, or financial advisor.

Teaching Persons with a Brain Injury : What to Expect - Second Edition  
Tampa General Rehabilitation Center Houston TX : HDI Publishers (The HDI Coping Series, No. 5) 1996

Ten Days to Self-Esteem  
Burns, David S.  
New York: HarperCollins 1993

Traumatic Brain Injury Rehabilitation : Children and Adolescents - Second Edition  
Ylvisaker, Mark  
Boston, MA; Butterworth-Heinemann - 479p. 1998

Whatever It Takes : A Model for Community-Based Services  
Willer, Barry ; Corrigan, John D.  
Brain Injury, [1994], vol 8, pp. 647-659 1994

Why Did It Happen on a School Day : My Family's Experience with Brain Injury  
Brain Injury Association of Maryland, illus. by Debbie Kitchen  
Washington, DC : Brain Injury Association, Inc. - 34p. : col. ill. 1995

The Man who Lost Himself  
Callwood, June  
Toronto: McClelland & Stewart; 293 p. 2000

Memory Management Handbook : Useful Strategies for Survivors of Brain Injury  
REBUILDING, Edmonton Brain Injury Relearning Society (EBIRS)  
Edmonton: REBUILDING - 21p. 1995

My Year Off  
McCrum, Robert  
Toronto: Knopf Canada 1998

The Never Ending Journey Begins : A Guide Through The Intensive Care Unit for Those With Traumatic Brain Injury, Their Families and Their Friends  
Maisey, Dayla  
Okotoks, AB: D. Maisey 1998

Over My Head: A Doctor's Own Story of Head Injury from the Inside Looking Out  
Osborn, Claudia L.  
Kansas City, M : Andrews McMeel Publishing - 239p. 1998

A Programme of Intervention For Substance Abuse Following Traumatic Brain Injury  
Corrigan, J.D.; Lamb-Hart, G.L.; Rust, E.  
Brain Injury, [1995], vol. 9, no. 3, pp. 221-236. 1995

The Diving-Bell & the Butterfly  
Bauby, Jean-Dominique, translated by Jeremy Leggatt  
London : Fourth Estate 1997

Dr. Weisinger's Anger Work-Out Book  
Weisinger, Hendrie  
New York : Quill - 222p. 1985

Educational Dimensions of Acquired Brain Injury  
Savage, Ronald C., Walcotte, Gary F., editors  
Austin, TX : PRO-ED - xxiii, 571p. 1994

Family Guide to Stroke Treatment, Recovery and Prevention  
Caplan, Louis R.; Mark L. Dyken and J. Donald Easton  
New York : Random House - xiv, 320p.1994

Head Injuries  
Aaseng, Nathan; Aaseng, Jay  
New York : Franklin Watts 1996

Head Injury : a Family Matter  
Williams, Janet K.; Kay, Thomas  
Baltimore, MD : Paul A. Brooks Publishing Co. - 320p. 1991

Head Injury : A Home Based Cognitive Rehabilitation Program  
Tampa General Rehabilitation Center, Tampa, FL; DeBloskey, Dana S.  
[et al] Houston, TX : HDI Publishers - 76 p. (HDI Coping Series on Traumatic Brain Injury; no. 2) 1989

Brain Injury Survivor and Caregiver Educational Manual  
Aspen Reference Group, Sara Nell Di Lima, Dwayne E. Eutsey, Jennifer Carson Vyskoul, editors - 1 v. (looseleaf)  
Gaithersburg, MD : Aspen Publishers 1998

Building Communities from the Inside Out: A Path Toward Finding and Mobilizing a Community's Assets  
Kretzmann, John P. ; McNight, John L.  
Evanston, IL : Centre for Urban Affairs and Policy 1993

Children with Acquired Brain Injury: Educating and Supporting Families  
Singer, George H.S.; Glang, Ann; Williams, Janet M., editors  
Baltimore, MD: Paul H. Brookes Publishing: xx, 262p. 1996  
Cognitive Rehabilitation for Persons with Traumatic Brain Injury: A Functional Approach  
Kreutzer, Jeffrey S. and Paul H. Wehman, eds.  
Baltimore, MD : Paul Brooks Publishing - 299p. 1991

Collaborative Brain Injury Intervention : Positive Everyday Routines  
Ylvisaker, Mark, and Timothy J. Feeney  
San Diego, CA: Singular Publishing Group: 330Pp. 1998

Coma, a Healing Journey: A Guide for Family, Friends and Helpers  
Mindell, Amy  
Portland, OR: Lao Tse Press 1999

## Contact Information and Finding Resources

In this booklet, you will:

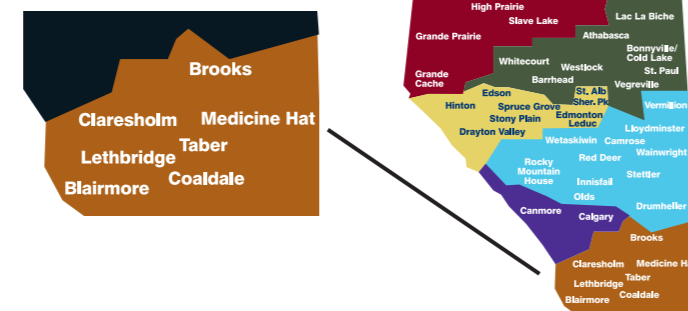
- Find out how to contact the brain injury organizations in Alberta.
- Discover how to obtain helpful information about resources that are available.

The aim of this guide is to provide basic, general information that is applicable province-wide and not in any one specific area. Therefore, individual services, groups and/or agencies who provide various services to brain injured survivors are not listed in this book. The focus of this section is to provide you with information on how to find resources in your region.

**South Region**  
(REDI) Enterprises/HIP - Brain Injury Relearning Services  
770 - 7 Street SE  
Medicine Hat, Alberta T1A 1K6  
Telephone: (403) 528-2661  
Fax: (403) 528-2647

OR

(REDI) Enterprises/HIP - Brain Injury Relearning Services  
Mailing address:  
416 - 13 Street N  
Lethbridge, Alberta T1H 2S2  
Telephone: (403) 320-7402  
Fax: (403) 320-7402

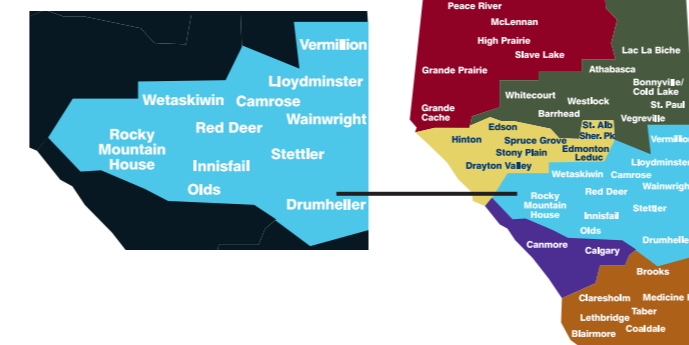


**Central Region**  
A Partnership of Canadian Mental Health Association, Alberta Central Region (CMHA), and Catholic Social Services (CSS), in consultation with Central Alberta Brain Injury Society (CABIS)

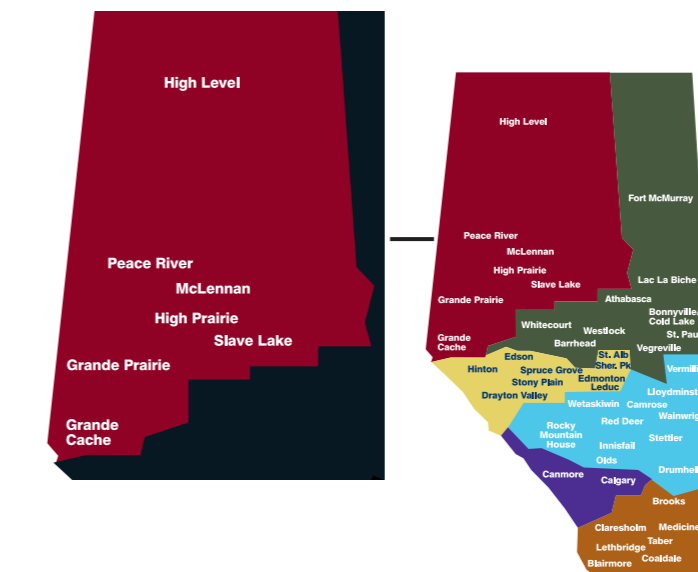
Canadian Mental Health Association  
4, 5015 - 48 Street  
Red Deer, Alberta T4N 1S9  
Telephone: (403) 342-2266  
Fax: (403) 342-5684

OR

Catholic Social Services  
5104 - 48 Avenue  
Red Deer, Alberta T4N 3T8  
Telephone: (403) 347-8844  
Fax: (403) 342-1890



**Northwest Region**  
Northern Alberta Brain Injury Society (NABIS)  
#406, 9728 Montrose Avenue  
Grande Prairie, Alberta T8V 5B6  
Telephone: (780) 532-0477  
Fax: (780) 532-5361



## Written Resources

There are many books, pamphlets, one-page handouts and magazine articles on brain injury. Contact the Alberta Brain Injury Help Line, your Service Coordinator or your local brain injury association and tell them what kind of information you are looking for. Many have libraries of written information specifically on brain injury.

Some agencies also have audio-visual material such as videos, and have resources that deal with specific changes, such as memory, planning, and inappropriate behaviour, as well as personal stories from people who have survived brain injury. Personal stories are not only inspiring, they can be reassuring, and can help you see you are not alone.

## Other Services and Activities Supported by the Alberta Brain Injury Initiative

- Supports for Community Living Services (SCLS)
- The Provincial Training Network
- Community Based Activities
- Community Networking Processes (CNP)
- AISH Benefits Administration Program
- The Biannual Provincial Brain Injury Conference
- Brain Injury Awareness Week
- Proposal Writing Workshops

## Other Resources

**Alberta Brain Injury Help Line**  
The Alberta Brain Injury Help Line has an updated list of brain injury resources in Alberta. If you are looking for something specific that you cannot find in this Guide, please contact the Alberta Brain Injury Help Line. Someone there will be able to help you with your search.

Telephone: (780) 474-5678  
Toll Free: 1-877-474-5678  
Fax: (780) 474-4415  
Web: [www.abihelp.org](http://www.abihelp.org)  
Email: [helpline@abihelp.org](mailto:helpline@abihelp.org)