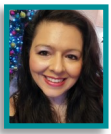


PRESS FORWARD CLIENT MAGAZINE

SPRING HAS SPRUNG!



• Anjula

In this issue, we focus on staying positive through spring! We're also "wrapping up" the winter and launching into our spring programs! There are many fun groups and activities to join—something for everyone! If you read about a program or activity you'd like to attend, just send an email to shane.stanissa@mindforward.org and he'll add you to the list!

Our Name

We chose the name "Press Forward" because of its connotations of perseverance during struggles, because "Forward" is part of the organization's name, and because we are "Press", publishing a magazine.

Some Articles In This Issue:

- Inspirational Story: Kyle—Hit by Two Cars & 2023 Update**
- Staying Positive with Affirmations**
- Inspirational Story: Sherri—I Have Climbed Mountains to Get Here**
- Question of the Season**
- Boundless—An Adventure Like No Other**
Q&A, Ryan, Digna, Xiao, Shane
- Mind Forward Calendar**
- Spring Feature**
Digna—The Home Edit, Ryan—Getting Organized, Alanna—Spring Décor, Alanna—Spring Planting, Xiao—Siberian Kale, Paul—Planting Potatoes, Newsies Faves, Yho—Memory-Boosting Foods, Jessica—Gift Ideas
- CARE: Client Advisory Resource Executive**
- Spotlight on Keitha**
- Where Are They Now? Lydia**
- Our Talented Creators**
Ryan—Travel & Photography, Premanic's Artwork, Mind Forward Chefs
- Entertainment & Activity Pages**
Digna—Avatar Movie Review, Alanna—New Rogers' Center, Jessica—Sudoku

Letters to the Editor

If you have a question or wish to comment on any of our stories or articles, please feel free to write to us at:

ClientNewsletter@mindforward.org

Your questions or comments could be featured in our next newspaper!

Also, if you would like to submit a story, photos, or artwork for the newspaper, send us an email with a description, the pictures, or the article you would like to submit!

In This Issue

- Inspirational Features 2
- Mind Forward Activities 8
- Spring Feature 20
- People & Groups 36
- Entertainment & Activities 48



Inspirational Feature

Kyle's 2019 Story & 2023 Update



Kyle

The doctors gave the option for my family to pull the plug, but my mom refused.

In 2013, I was leaving the barber shop, and as I was crossing the street I was hit by a car, which pushed me into oncoming traffic. I was then hit by a second car in the oncoming lane. One of my cousins in a nearby store phoned my family, and many family members and friends met at Sunnybrook, where I had been taken.

My head was swelling and needed immediate surgery. As a result, I was in an induced coma for 3-4 weeks to prevent the swelling and pressure from getting worse. During this time, my doctors gave the option for my family to pull the plug, but my mom refused.

When I came out of the coma, my son was afraid to come close to me because of all the wires. He was about 3 years old and asked, "Daddy has a booboo?" He wouldn't come to the side of the bed, because he was scared to.

My uncle is a pastor, and many people came and would hold hands and pray for me. I had a lot of support.

Two years ago, I went to see a neurologist, because I was doing far better than was originally expected. During a previous visit, four years before that, he had outlined to my family about how I would have to relearn how to breathe, eat, walk, basically perform all the daily functions necessary for life. He was astonished at my recovery.

I now walk with a cane outside in physio, and can walk without a cane or use stairs at home, and in special circumstances for practice. My left side is my weak side, and I'm strengthening it in physio.

My son is now 10 years old and is getting used to coping with the situation.

I feel so much better, since I now see the light at the end of the tunnel, so it's not as depressing as it was a couple of years ago.



Currently, I'm trying to get my life back, by working on the quality of my life. Physio is really important. Coming to Mind Forward is helping me socially, and the activities are interesting and they keep me going.

In a couple of years, I see myself as much more independent, walking without a cane. The key is to be positive and be determined. Try to enjoy yourself when you can in life. I'm happier now and have made peace with myself.

Going through this experience shows you who really cares for you, and who clearly cares for what your best interests are in life. It also gives you insight so you can see what things in life are truly important.

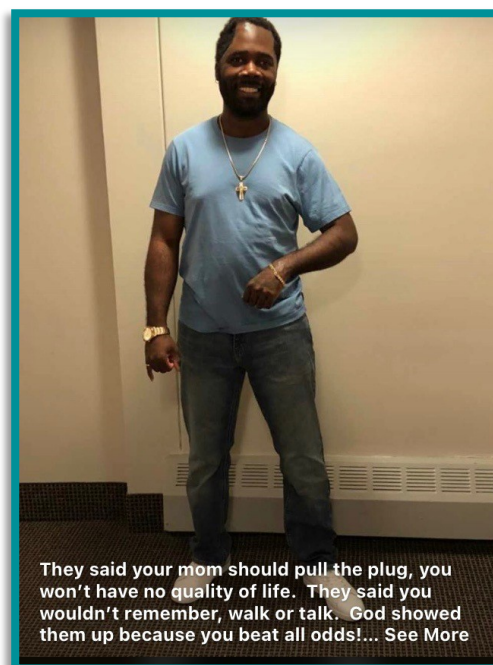
Kyle has recently been using a cane around Mind Forward. When asked, "How does it feel to go from a wheelchair to a cane?"

Kyle answered: "I feel busy for the most part. I feel like whatever work I'm doing (physio for example) is paying off. My mental state has gone up and my confidence. I couldn't even dream about walking, back in the day."

I've been at Mind Forward since 2014, and have been actively coming to the day programs for two years. The staff are compassionate and have been very helpful to me. Mind Forward has been a great resource for me and has helped me with skill-building.

Skip forward to 2023

(Continued on next page)



They said your mom should pull the plug, you won't have no quality of life. They said you wouldn't remember, walk or talk. God showed them up because you beat all odds!... See More



Inspirational Feature

Kyle's 2023 Update (cont.)

It's important to stay positive and upbeat, and to never give up.

Ann - Has there been a lot of improvement since five years ago? It seems to be increasing year by year with your therapy.

Kyle - Yes, there has been drastic improvements in the span of five years. I don't use my cane as much and I totally don't use my wheelchair anywhere. I bring my wheelchair to bowling, but that's the only time I have my wheelchair around. I don't have as much assistance for daily tasks with my family. I pretty much do most of my daily needs on my own now.

Anjula - Who or what inspires you?

Kyle - My son, family and friends inspire me to improve myself

Sanjay - What is it you ask yourself in the morning that I'm going to achieve to make me better? Why are you doing it for yourself?

Kyle - The determination to continue getting better.

Shane - over the passed five years has your physio got harder, increased in length, or become more difficult?

Kyle - In the span of the last five years, I have increased my Physio, and it has been getting better and easier.

Sweta - Do you still go back to the barber shop? It would take an incredible amount of courage to do so.

Kyle - I don't go back to that barbershop, but I have been around that area when I was there, it was closure for me to be around there.

Shane - You talk about your son in the article. What is your relationship with him now? How have the improvements affected your son?

Kyle - Yes, my improvements have made my relationship with my son much better now.

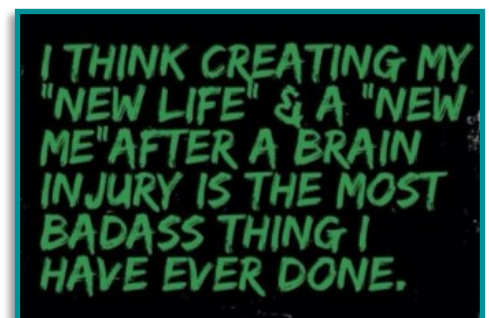
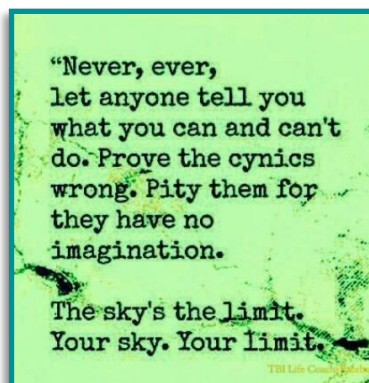
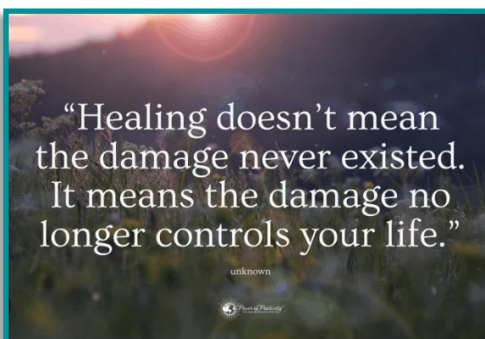
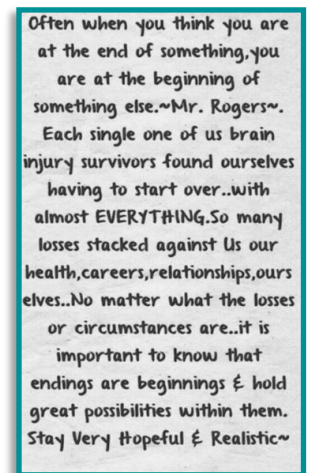
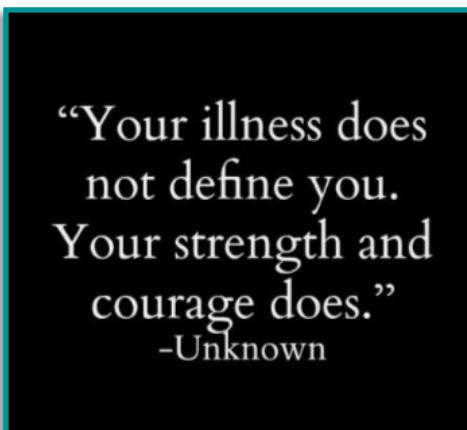
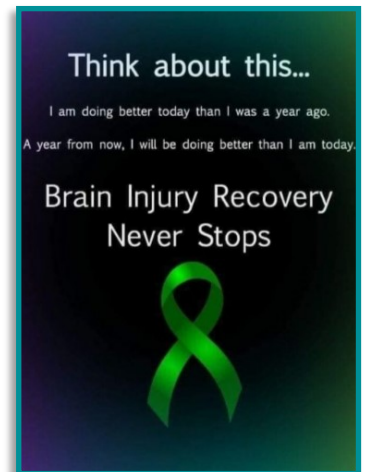
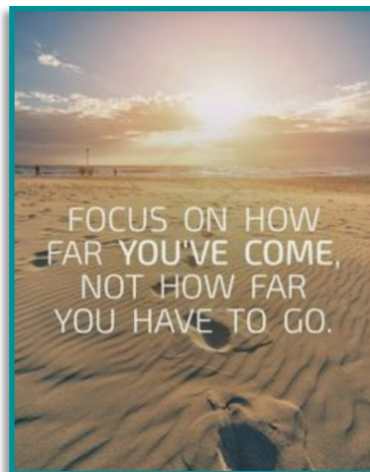
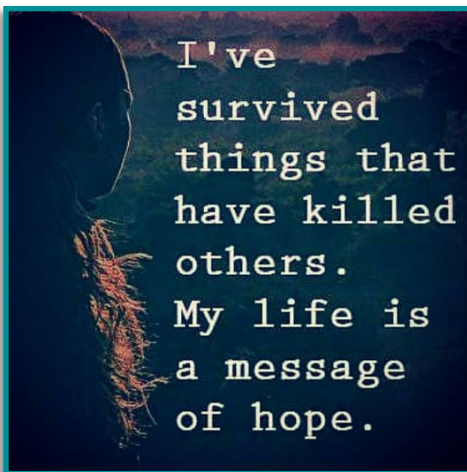
Ryan - Since the accident, how much has your family life changed - especially in the last five years?

Kyle - My family is thankful that I survived my accident. However, they do have their moments of the memories of my accident.

STAYING POSITIVE



Kyle is one of the most positive people I've met. He is an inspiration to many of us. I've found that staying positive has been one of the most important things in my recovery. It's like the fuel that powers my engine to keep running, to keep trying at everything I do. Since this issue's theme is "positivity", I scoured the internet to find some affirmations or quotes from others who have experienced a brain injury. Here are some quotes that stood out to me.



I HAVE CLIMBED MOUNTAINS TO GET HERE



Inspirational Feature: Sherri

Let me warn you as a member of a club you never want to join--the road ahead is long and incredibly hard, but things can get better, a lot better.

The only way I can describe the first 3 years after my mTBI is that it was “a living hell that I wouldn’t wish on my worst enemy”. I had extreme light and noise sensitivity. I kept the blinds pulled and relied on noise-cancelling earbuds, sometimes with ear protectors & pillows over top. The hum of the fridge in the kitchen and the dehumidifier in the basement drove me nuts. I couldn’t stand any music at all or two conversations going on in the same room.

Walking into a drug store felt like going to a rock concert. I couldn’t stand the sight of things moving, it took 8 months to be able to sit up with my eyes open in a moving vehicle. It was over a year before I could look at a TV screen. It took a year to be able to walk at a normal speed without triggering a headache.

What I needed most then was hope. I’m 9 ½ years post-accident now. Let me warn you as a member of a club you never wanted to join - the road ahead is long and incredibly hard, but things can get better, a lot better.

Ignore anyone who tells you that you’ve reached maximum recovery. Push yourself. Find ways to work on all the things that are hard for you now. Be creative. Do a little more of those hard things every day even if it triggers your symptoms. Keep being willing to try different things.

For starters, try some of these things. Be diligent in what you eat and remove any pro-inflammatory foods. Get sugar out of your diet (yes, I know how hard that is). Eat lots of avocados and olive oil. Take high doses of Omega 3 & Vitamin-D. Get your hormones checked and supplement if necessary. Do whatever it takes to improve your sleep. Learn to meditate, even if it’s not your thing. You need to calm your central nervous system down. Become aware of your thoughts and squash the negative ones. And at the top of the list - EXERCISE!! It did more for me than any of the therapies I paid for.

The progress is infinitesimally small, but the baby steps eventually add up. I have climbed mountains to get here, but things are a lot better now.

QUESTION OF THE SEASON:

If you could add one thing to your life that would make a positive difference, what would it be?

We asked our “Newsies” this introspective question, and this is what they came up with:

Xiao - gratitude journal, good things happen all the time, and if you don't remember them, you don't get to savor them.

Anj - declutter my life, a rainbow/unicorn/butterfly/kitten to brighten the days when I'm feeling blue.

Ryan - spending more time with my family, close friends, and attending these groups throughout the week.

Digna - more nutritious meals, watch more uplifting movies.

Ann - since I joined the movie group I'm happy adding them to my life, also drawing with Mind Forward (Mind Forward programs + people).

Shane - headphones with music more often.

Jessica - have music playing - alexa, bluetooth, or google.



Nigel - a good walk, walking more often.

Helen - volunteer/give back to your community in an area you love.

Alanna - more time to yourself in solitude with the radio on, more balance to my life.

Paul - headphones and reggae music.

BOUNDLESS



ANJULA

If you hang out at one of Mind Forward’s offices, you’re sure to eventually hear the name “Boundless”. I’ve personally been three times, and it’s provided a wonderful step in my recovery each time.

What is Boundless?

Boundless is a Five Day Summer Adventure! Special accommodations are made for our groups. Their staff has worked with our ABI groups for years. Two Mind Forward staff also accompany our groups on each trip.

Where do we sleep at Boundless?

In the photo below (left) there are connected cabins, similar to a motel.

Where do we eat at Boundless?

In the photo below (right) there is a cafeteria where the cooks serve delicious and nutritious filling meals.



BOUNDLESS

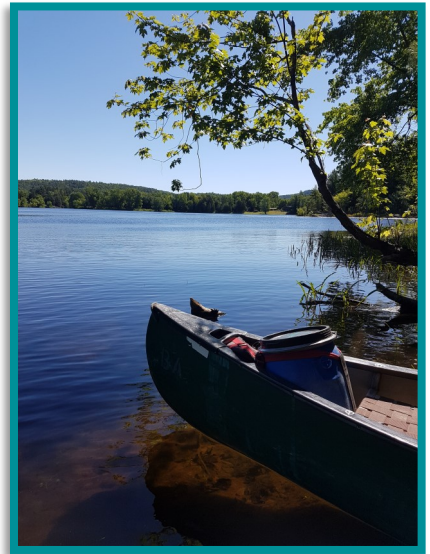
How do we get to Boundless?

On the Boundless bus, that leaves from the Mind Forward Head Office in Mississauga. (I secretly think of it as the Boundless-mobile).



What do we do at Boundless?

Enjoy getting to know each other, do group and individual activities. Most of all, have fun!



How much does Boundless cost?

Boundless is absolutely free! Your transportation, meals, and accommodations are all covered, at no cost to you.



How do I sign up for Boundless 2024?

Contact shane.stanissa@mindforward.org to sign up for next year's trip!



BOUNDLESS



My first boundless experience was back in 2020 during the pandemic even though most things were limited in activities. We still did a lot of outdoor activities like archery, throwing knives, rock climbing, white water rafting, and scavenger hunts, etc.

© *Ryan Klotz*



© *Ryan Klotz*



© *Ryan Klotz*

BOUNDLESS



One of my favorite things was going on a hike through one of the trails finding all the wild mushrooms along the trail, as well as the food was good too. 2020 was my first experience at Boundless and it lived up to every expectation I heard about it.

The second time I went was last year in May. I didn't get to do rock climbing again, although we had a bonfire both years in 2020 and 2022. The meals were also really good. White water rafting was a little different compared to 2020. The trip I went on was at the end of August so the water level was lower and we started up higher on the river, including having lunch on the river during one of the calm points.

Either way, both trips were a fun experience, and I enjoyed my time there. Also, going swimming in the lake. Everything about my experience at Boundless was and is a great one and I will definitely be returning the following year.



BOUNDLESS

BOUNDLESS EXPERIENCE

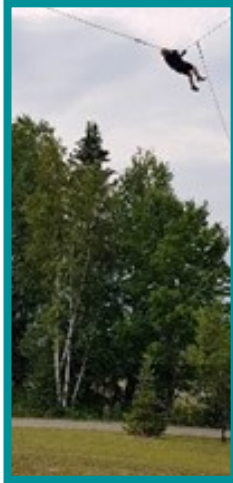
July 2019 was my second Boundless Adventure. My husband was able to join me since this was a family trip. We are thankful for this adventure as we were able to relax, learn and have fun, experience nature at its best, discover new skills, crafts and gain new friends.

What made this trip more memorable was we also did archery, knife-throwing, in addition to kayaking, rock climbing, ropes course, cooking, painting, arts and crafts, games, talent show and campfire.



“Boundless Adventures is truly an experience of a lifetime!”

BOUNDLESS



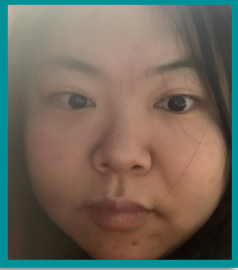
We also had fun painting activity on the chairs. We took slabs and painted whatever we liked. After finishing and drying, we screwed them back to the chair. These made the chairs look more colourful and inviting.

Boundless Adventures is truly an experience of a lifetime!

DIGNA



BOUNDLESS



My previous boundless adventure was around ten years ago and it was an incredible experience. I loved playing a quick hockey game with the other guests and staff upon my arrival at the locale before visiting the inner meeting room where all our meals and indoor social events would happen.

XIAO



The site staff and student helpers were very supportive and brought their friendly personality into the atmosphere, some told jokes and others laughed at your intentionally comical jokes. We played banana grams which I loved and I liked that I got to socialize with new people from different backgrounds, it was a great learning and psychologically enriching mental experience to be with brain injury survivors of so many diverse backgrounds and walks of life.



They talked to me about their children, their hobbies, their joyful excursions in previous times, and I loved the couscous salad we had along with the other amazing meals they served. It was also amazing to be so close to nature, because I'm indoors a lot due to the cost of transportation.

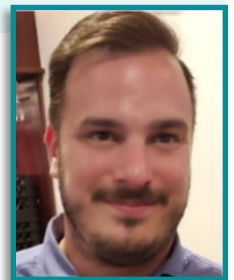
BOUNDLESS



Thirteen is the number of times that I have been up to boundless. Although some would say that thirteen is an unlucky number. I consider myself to be very lucky to have been able to support so many great trips, which have produced so many great memories, with so many great people. It's always great to go up for a boundless getaway to be able to get to know someone on a different level.



SHANE



I always feel so connected with the group I go up with. Boundless just has a way of bringing that out in their groups. With being up to boundless so many times, you would think that some of the activities would start to get stale. But the staff up there are so creative at keeping things interesting and always add a certain flair to each one of the trips. You never really know what to expect.



The staff is great at getting people out of their comfort zones and into some great activities. The staff is always full of energetic and colourful people and the food up there is always amazingly satisfying. If you enjoy the great outdoors, then I suggest you sign up for a 5-day Boundless adventure for the summer of 2024.

Mind Forward April Calendar

April 2023: Virtual Programming: A Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Virtual Weekly Kick-Off 9:30-10:30 Leisa	Smartphone Photography 10:00-11:00 Nat			
10:00		MH Men's Group 10:30-12:00 Dorothy --- CW Men's Group 10:30-12:00 Natasha D	Conversation Street 10:00-11:00 Leisa	Women's Group 10:30 – 12:00 Dorothy/Natasha D	Jump Start 10:00 – 11:00 Ivona
11:00	Mythbusters 11:00 – 12:00 Julie	How It's Made 11:00 – 12:00 Julie	Around the World 11:00 – 12:00 Ashley/Carlene	Discovery 11:00 – 12:00 Ashley/Carlene	
12:00				SIL Check In 12:00 – 1:00 Sophia	
1:00		Mindful Music 12:30-2:00 Leisa	Games Group 1:00 – 2:00 Carlene/Ashley	Into the Cosmos 1:00 – 2:00 Oreeda/Natasha P/CHIRS	
2:00	Virtual Book Club 2:00-3:00 Starting April 24 th TBA		Culinary Creations 2:00 – 4:00 Leisa/Carlene	Movie Club 2:00 – 3:00 Carlene/Ashley	Creative Writing 2:00-3:00 Ivona
3:00	Sports Talk 3:00 – 4:00 Julie			Drawing with Friends 3:00 – 4:00 Ashley/Carlene	Client Newspaper 3:00 – 4:00 Starting April 28 th Julie
4:00			Women's Group 4:00-5:00 Dorothy/Natasha		

Mind Forward Program Descriptions



Virtual Weekly Kick-Off
Monday 9:30 - 10:30 AM

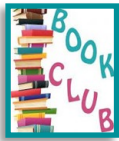
WELCOME TO YOUR WEEK



Mythbusters
Monday 11:00 - 12:00 PM

THE TRUTH IS OUT THERE

Mind Forward Program Descriptions



Book Club

Monday 2:00 – 3:00 PM

READING

Do you love books? Are you looking for others who have the same passion and want to read and talk about books in a positive and nurturing environment? If so, then this group is for you. Book Club will meet once per week to read books based on an agreed-upon reading list. Every week, the facilitator will review the previous week's chapter(s) and the group will have an engaging discussion about characters, plot and themes. Next, participants will be encouraged to read a portion of the following chapter(s) aloud to the group. At the conclusion of the book, the group will watch the film adaptation and have a final discussion.



Sports Talk

Monday 3:00 – 4:00 PM

SPORTS

We will meet up each week and discuss the sporting events that took place the past week. We will watch highlights and get into discussions sports fans will love. We will be talking about upcoming sporting events and let clients know which sporting events they can be watching until our next group.



Smartphone Photography

Tuesday 10:00 – 11:00 AM

PHOTOGRAPHY



How It's Made

Tuesday 11:00 – 12:00 PM

LEARN INTERESTING FACTS



Mindful Music

Tuesday 12:30 – 2:00 PM

MUSIC

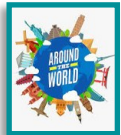
Mindful music listening can be a wonderful way to reduce stress and reconnect with your body and breath. If you find mindfulness challenging, the addition of music can help you stay focused, while simultaneously helping you to connect with music as a source of strength and creative energy. Music can also be a powerful way to experience the present moment or take you back to a different time or place. Each week, participants will choose three songs from different genres and the group will listen to these songs and watch the music videos. We will then discuss the feelings and emotions evoked by the music in a safe and inviting environment.

Mind Forward Program Descriptions



Conversation Street
Wednesday 10:00 - 11:00 AM

CHAT WITH US



Around the World
Wed 11:00 - 12:00 PM

VIRTUAL TRAVELS



Games Group
Wednesday 1:00 - 2:00 PM

JOIN FOR FUN!



Culinary Creations
Wednesday 2:00 - 4:00 PM

SIMPLE COOKING

Culinary Creations is for those people who want to come together to share their love of cooking, eating and food in general. It was also designed to encourage participants to make more meals at home, or even get out of a culinary rut of only preparing the same few foods over and over again. Each week we will prepare a delicious breakfast, lunch, dinner, or snack recipe using a maximum of five ingredients. Participants will be encouraged to share new and creative easy-to-follow recipes to be included in a ten-week meal plan. Prior to each group, the facilitators will share the ingredient list required for that week's recipe. There's lots of fun to be had when we roll up our collective sleeves and get something delicious done!



Discovery Group
Thursday 11:00 - 12:00 PM

LEARN INTERESTING FACTS



Into the Cosmos
Thursday 1:00 - 2:00 PM

LEARN ABOUT OUTER SPACE

Mind Forward Program Descriptions



Movie Club

Thursday 2:00 – 3:00 PM

COMMENT ON MOVIES

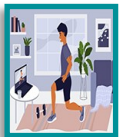
Calling all movie buffs! There are so many benefits of watching movies. They can inspire social change, they help us process difficult life lessons, they are a social experience, they help us appreciate art, and they reduce stress. In this weekly group, participants will watch a popular movie on Netflix in the days leading up to the group and come prepared to dissect the film with their peers. Facilitators will lead conversations to explore characters, uncover themes and examine plots. Everyone will also discuss their personal experience watching the movie. All participants are welcome to offer movie suggestions (available on Netflix) and after viewing the trailers for three films, the group will vote on the next week's movie.



Drawing with Friends

Thursday 3:00 – 4:00 PM

LEARN TO DRAW



Jumpstart Reboot

Fri 10:00 – 11:00 AM

EXERCISE



Creative Writing

Fri 2:00 – 3:00 PM

WRITING FROM PROMPTS



Client Newspaper

Friday 3:00 – 4:00 PM

WRITING AND DISCUSSION

“Press Forward” is the name of our Client Newspaper. Our name means: to persevere in spite of obstacles. As ABI survivors, we have all had to press forward in our recovery and overcome challenges. The Client Newspaper enables us to have a voice and write about things that are important to us.

Join us, to:

- Engage in vibrant discussion, share ideas, and participate in an online group setting.
- Build team communication, leadership, and collaboration skills.
- Discover talents you didn't realize were there.

...all while having fun!

We're always looking for fresh ideas and new personalities to add to our fun group.

If you are interested in discussion and/or writing, please feel free to check us out on Zoom at 3pm on Fridays!

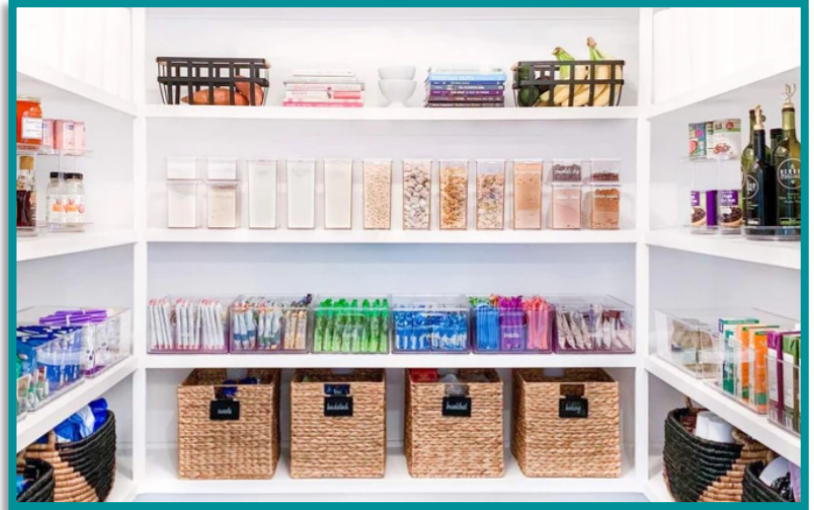
GETTING ORGANIZED



THE HOME EDIT



Article by Digna



THE HOME EDIT ON NETFLIX

I was browsing Netflix one afternoon and the TV series *The Home Edit* caught my attention. I started watching it and found out that it is about home design and organization.

The Home Edit is a lifestyle and organizational company. The series features friends and business partners, Joanna Teplin and Clea Shearer, who venture into the homes of both celebrities and regular people to organize their cluttered spaces. It organizes every space in the home, from bedrooms and kitchens, to closets and pantries, and garages. They also do corporate offices, and even tour buses.

Reese Witherspoon, is one of their satisfied celebrity clients, who had a closet makeover. She owns Hello Sunshine company, which acquired *The Home Edit* company in February 2022. She is one of the executive producers, (along with the founders) of the show.

The company's headquarters is in Nashville, Tennessee, but they have local organizing teams in major cities in the United States. In every home the company organizes, it typically goes through these steps:

GETTING ORGANIZED



- Understand the needs and goals of the client(s). After talking goals with the client, the organizers begin the editing process.
- Before sorting, they remove everything. That way they can start with a clean slate, then determine which is to be kept, donated, discarded, or placed in storage.
- Then they categorize, set zones. Zones include the physical allocation of space of like or similar items.
- They also use containers to maximize space.
- Organization is an ongoing process, so they emphasize revisiting and adjusting according to needs.

The company organizes based on client's requests. It makes a difference by providing structure, stability, and a functional system. I love how the team brings order, calm, and joy to the homeowners. I also admire their synergy and dynamism. The show is uplifting, as they appreciate and thank each other afterwards.

To see fun, informative sessions, you may watch this sample video of the show on YouTube:

https://youtu.be/XPg_BE6EA94



GETTING ORGANIZED

DECLUTTERING & ORGANIZING YOUR LIFE



• Ryan

First thing is first start with making a list of areas in the house, apartment/condo to go through because tackling everything all at once can become extremely overwhelming and discouraging. Once you figure out which area to start in, make a space where you can pile items or important day to day to none essential.

When you and a friend or family member help you go through all the items accumulated through the years and narrow it down to a more manageable amount, get big black garbage bags for all the garbage, don't just leave it on the floor. Also get some boxes out for the donation for value village or goodwill whichever one tickles your fancy for giveaways value village will ask you if you want a coupon I usually say no because that becomes incentive to buy back more useless stuff and you just end up with more stuff to purge.

Create 3 spaces: keep, donate/sell, and trash. Once you get down to those items/belongings that in each space go through each item and decide on how important each item is and whether or not it has value. By value I mean items that are sellable and reusable, not all items are worth something. As well it is always better to have someone help you that way they can help you go through what to keep, donate/sell, or trash.



Highly avoid that the idea of decluttering and organizing is to simplify your life more and not complicate with useless garbage. Best method of thinking of purging stuff is if you haven't used it for a long period of time chances of you having to use it again is very unlikely. Once you have the donation boxes filled, put them in the back of your car, that way you don't have a reason to go back through and take things out to keep. Drop the donation bags or boxes off at Value Village or Goodwill.

GETTING ORGANIZED



The biggest job or decluttering is the kitchen going through all your pots, pans, utensils, etc to see what you need and don't need. That is just taking up space. We all had or have the random drawer in the kitchen that useless none essentials where in just because. Try to avoid having one of those drawers everything needs and place and use as well you don't need a dozen table cloths for that one table. As well more importantly when packing up the kitchen make sure you leave out enough plates or bowls and utensils for those in the house. One of the several times I moved out, a family friend left us two dishes, two forks, spoons, and knives. We told her what we were supposed to eat in shifts.



The second biggest job to do is decluttering and organizing the garage can take some time to thoroughly get cleaned up and organized. From tools, to other supplies that need to be gone through. If you have any old paint made to discard appropriately and not thrown in the trash but put in a designated box and bring any and all trash to the dump, there will be a place to discard the paint there. If you're not sure how to get rid of it, call the city and ask how to dispose of the old paint. As well as all larger items that can be placed curbside you can put it out on some trash days or call the city to have them take it away.

Hopefully this was helpful for a lot of you to declutter your homes and life more simplified.

Happy declutter and organization.

SPRING DECOR



Everything Old is New Again

Colour is back!

If you're scared of some colours....

If you've made mistakes in the past...

Have a strategy before starting!

Like perhaps creating a focal area, or design. Try a unique technique, i.e. sponging

There are 9 décor colours that are coming back into style.

Mauve - It's not your 80s dusty pink, it's SOPHISTICATED



Beige - Not the Creamy Whites, more SAND



Denim Blue - Should Feel like a well-worn pair



SPRING DECOR

Earthy Green - Today's answer to Avocado from the 1960s



Yellow - Groovy, Vibrant, Lemon, Citrine



Warm White - Cozy, Country, Characterized by subtle undertones of reds, oranges, and yellows



Mint Green - Pair with soft whites and beiges for a fresh, nature look



Pastel Pink - Hasn't been big since 1950s, pair with modern black accents, to avoid "Pepto-Bismol" feel



Red - A dramatic colour, with a classic feel



SPRING PLANTING

COOKING ROOT VEGETABLES



• Alanna

When planting your garden, root vegetables are hearty, healthy, and colourful. Potatoes, Zucchini, Parsnips, Carrots, Turnips, Sweet Potatoes, etc...

1. The easiest way to enjoy, is to cube them (1/2" - 1.0").
2. Toss and coat cubes with olive oil and seasonings. Salt, Garlic, Chili, Black Pepper, Basil, Parsley, Lemon Juice, Balsamic Vinegar, etc flavours and quantities according to your palate.
3. Make sure the rack is in the upper third of your oven, this will encourage caramelization (browning).
4. Spread on the baking vessel, i.e. cookie sheet, and roast in oven pre-heated to 375, for 20 minutes. Make sure there is some space between them, so the hot air can circulate.
5. Stir, replace in oven for another 20 min.
6. Give a quick final drizzle of olive oil, and sprinkle of salt.



Ideas to try... Add bacon, sprinkle cheese, flavoured oils, honey, citrus, raid your spice cabinet, nuts, sugar, cinnamon.

SPRING PLANTING

THE SECRETS OF KALE

- Xiao

Siberian Kale is grown in Europe and their seeds are available on Amazon for \$8.00 for 8-24 pods. Each plant grown in Canada will become a gigantic plant about 12-20 times the size of a large papaya fruit and the Siberian kale can last through 2 Canadian winters.



But it should not be cultivated in the middle of winter because the plant is the least nutritious during this period in time. The plant will recover to its robust and tantamount acclimations when the summer comes again. When using fertilizer, do not use too much because it could scorch the plants.

While the kale plant is a highly nutritious food, it's fairly bitter, so people tend to mix it with other flavours, such as fruit smoothies, and it can also be eaten raw with some salad dressing, whether store bought or homemade. It can also be cooked into noodle marinades and eaten like a pasta or noodle topping with other foods.

Kale can lower certain nutritional elements in your diet, and doctors like Eric Berg recommend eating a kelp supplement during periods of extended kale consumption, but this should be eaten sparingly to maintain bodily chemical and hormonal balance.

Kale smoothies should contain a liquid element to make the fruit or vegetable grinding easier and more manageable on the smoothie machine. Some common ingredients in smoothies is yogurt mixed with water, non dairy milk like soy can also be used by vegans for the kale smoothie or by those who do not eat yogurt.

Pinterest and Google offers excellent recipes for kale smoothies. You can find many recipes through those sites or in kindle smoothie books online, but most of the time, you do not need a recipe, any edible fruit will do. Vegetables will also work but might taste bitter.

SPRING PLANTING

GROWING POTATOES INDOORS



- Paul

Here are the general steps you can take to plant petite and white potatoes in the spring, growing them indoors.



1. Choose a container: You can grow potatoes indoors in containers such as large pots, grow bags, or buckets. Make sure the container is deep enough (at least 12 inches) to allow for root development.
2. Select seed potatoes: Choose petite and white potatoes that are certified disease-free and have "eyes" or sprouts. Cut larger seed potatoes into smaller pieces, making sure each piece has at least 2-3 eyes.
3. Prepare the container: Fill the container with potting soil, leaving about 3-4 inches from the rim. You can mix in a slow-release fertilizer or compost before planting.

4. Plant the seed potatoes: Place the seed potatoes on top of the soil, with the sprouts facing up. Cover them with 3-4 inches of soil, leaving space for more soil as the plants grow.
5. Water and maintain: Keep the soil moist but not waterlogged. Once the plants start to grow and reach about 6 inches tall, mound more soil around them, covering up to half of the stems. This will promote the growth of more tubers. Continue to water regularly and provide additional fertilizer if needed.
6. Harvest: Potatoes are ready to harvest when the leaves start to yellow and die back. Carefully dig up the potatoes from the soil and enjoy!

FAVORITE FLOWERS & ACTIVITIES

“NEWSIES” FAVORITES

Here are some favorite flowers and spring activities from our writers and reporters at Press Forward!

Digna - Orchid, painting

Alanna - Bird of Paradise, Spring training (baseball)

Shane— Calla Lily, playing pickleball

Anjula - Coral roses, nature walk, getting together with friends

Ann - Red Roses & Baby's Breath, nature walks & painting

Xiao - Daffodil, Visiting indoor garden during Easter

Paul - Ramgoat Roses, sleighriding

Nigel - Azaleas & Birds of Paradise, sitting on the patio

Pat - Roses, flying a kite

Jessica - Delphinium, bocce ball

Frank - Rose, running

Premanie—Rose, Volleyball

Yho—Daisy, Reading outside

Ryan - Sunflower, swimming



MEMORY-BOOSTING FOODS



Memory Boosting Food Ideas



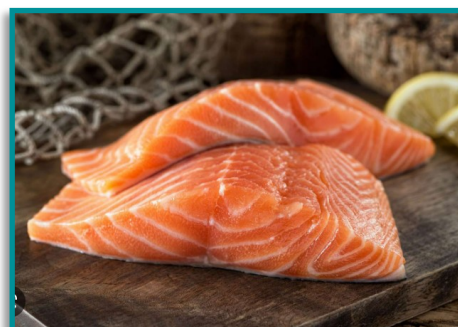
- **Yhohannah**

I've always been interested in improving my memory since I was a little kid. I think one of things that helped grow my interest in the human brain was the fact that I had a brain injury at such a young age. It is important for everyone everywhere to eat foods that help the memory become sharper but especially those who are approaching dementia and not to mention people with brain injuries. I am aware of some foods we can all eat to improve our memories daily and I would like to share them with you.

Good news Coffee drinkers! It turns that a moderate amounts of Coffee is good for your memory and may even help fight signs of dementia in the long run so now you can feel good about your favorite morning drink

Blueberries are not only very high in antioxidants but a study conducted with both young and old adults proved that when your eating them extra blood flows through various parts of the brain making the memory a lot sharper.

There also seems to have been a great amount of study done about the yellow-orange spice which is turmeric. Among many other benefits it is also good for your memory and attention span.





I hope you eat your vegetables like your mom always told you when you were a child because the next best thing on the list is broccoli. Cover it with cheese or put it in a salad anyway you have this green vegetable has lots of nutrients in it.

The next memory food is an unexpected one for sure. Dark chocolate is actually good for you in many ways but did you know it can help boost your memory as well!

Pumpkin seeds have a chemical in them that is also good for remembering.

Never forget about nuts! Nuts are good for your memory too so the next time you go shopping don't forget to add them to your list.

They say that you should eat fish a couple of times a week and many people (including myself) take fish oil supplements in the morning. Fish is good for your brain and I actually have proof of it myself. When I was a child, when I first got my brain injury I used to get migraines every so often and when I was given cod-liver oil they would get better almost instantly.

So, there you have it! There are a few foods that can spark your day by sparking your mind. I especially like the idea of coffee and dark chocolate so I think now I have way to spice up my breakfast routine.

Gift Ideas



Struggling to decide what to get your loved one for their birthday or for a special event? Here are some great ideas to help you decide what to get them! For each item I explained where you could buy the gift with a picture and also put the price of the item. Some of the gifts will allow you to make multiple creations so I thought it was perfect to include it in this writing piece.

Create your own wine or beer and give it to a loved one!

Beer - Toronto Brewing Homebrew Supplies Starter Kit \$89.99



ABC Cork Co Wine Making Kit (Amazon) \$65.00



Clean and Dirty Magnet for the Dishwasher Amazon \$6.99



A great way to show if your dishes in the dishwasher are clean or dirty! No need to check anymore!!!

Reading Socks Chapters \$29.99



If you get cold feet at night when sleeping this will help keep your feet stay toasty warm!

Gift Ideas

Amazon Alexa (\$54.99)
or Google Home (\$69.99)



Perfect for playing music in your home while cooking dinner or for working out in your home gym!



Barn Door Studio (Milton)



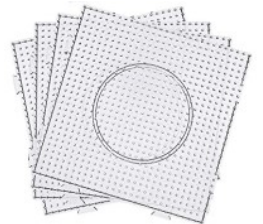
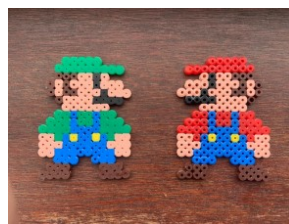
Wood working and crafts. A great place to make wood designs and art work for a loved one! You can go to the studio and create the artwork there.

Edible Arrangements \$79.99



The perfect gift for an anniversary or Valentines day!

Perler Beads \$35.95



Another great gift idea where you can create their gift and make it into art! They have lots of great ideas online for what you can do with the Perler Beads.

Gift Ideas

Grind and Brew Coffee Maker \$295.00



One of the best Christmas gifts that we got from my mom. It makes the best coffee and it grinds fresh beans for your coffee in the morning!

National Lampoons Moose Mug \$62.45 (Amazon)



From one of the best Christmas movies! It is more of a joke gift but a pretty good idea.

Different types of lego (Seinfeld or Friends) \$132.33 (Amazon)



We love lego it is a great collectors piece and they have lots of different lego online so you never know what your loved ones will love! It is also a lot of fun to build the lego!

Onesie \$59.99 (Amazon)



Best gift! Similar to the one in The Christmas Story. It will keep you toasty warm at night!

Gift Ideas

Novels by Emily Griffin



One of my favourite authors! She writes a lot of great books. She usually writes women's fiction and romance books. A couple of her books have been made into movies. Definitely check out her books or watch one of her movies.

Kobo \$159.99 or Kindle Reader \$139.99



A great way to store all of your books in one place! It is also good because you can highlight in the reader important parts or characters to help you remember!

Witcher Books \$98.00



The Witcher series are fantasy novels and short stories and revolve around the Witcher. It is about a fictional monster hunter called Geralt Of Rivia.

Our Adventure Scrapbooking Book \$26.99



Scrapbooking Book - For places you have traveled to and then you can organize the pictures.

PEOPLE & GROUPS

Important Email Addresses

Client Advisory Resource Executive: ClientAdvisory@mindforward.org

Letters to the Editor: ClientNewsletter@mindforward.org



CLIENT ADVISORY RESOURCE EXECUTIVE

What is CARE doing?

Giving Clients a Voice

Who are we?

We are all clients who have lived with an ABI.

What do we do?

We advocate for positive changes with the senior staff at Mind Forward.

We also are informing and encouraging the community to become more involved with people who have disabilities.

FAQ

How can you get involved?

There is a business letter on how to donate gift cards to MF that will help clients directly.

For example, if someone moves into an apartment and has nothing, they will need basic living items. Sometimes there may be emergency need for essentials for other clients. The staff also likes to hold events with gift cards as prizes.

If you could take a letter and pass it to someone with a business who may want to help, it would be greatly appreciated!

Contact Ashley Budd for more information at:

Ashley.Budd@mindforward.org

(905) 949 4411 ext. 240



Client Advisory Resource Executive

CARE

MIND FORWARD
Brain Injury Services

Are you ready to CARE with us?



Flora



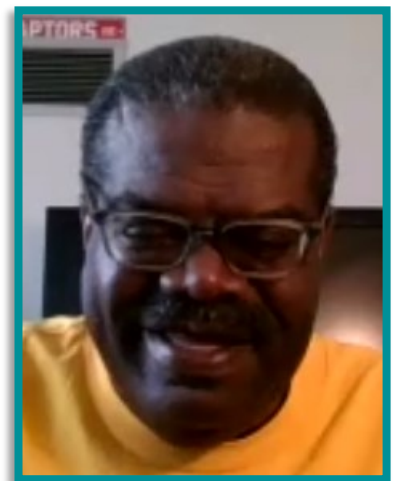
Frank



Alanna



Anjula



Nigel



Spotlight

Interview with Former CEO of
Mind Forward:

Keitha McNeil

Keitha McNeil has been serving as Mind Forward's CEO. We asked her to do an interview with our team, and here are the results.

What is your favourite part of your job?

My favorite part is working frontline, you go to school and you have ideas of what your career is going to look like. Helping people is always something that I wanted to do. I thought at one point that I wanted to be a Doctor. But when that didn't work out, I did whatever I could to get into a field where I could help out people. I loved when I was working as a front line staff to be near all the action and I also enjoyed working as a Team Leader working back at our TRSL home.

Who had the biggest influence during your time here?

I don't think I can name one person. There has been so many people who have influenced me over a long career.

Dr Pryor has been a huge influence in regards to what I have learned, development and growth over the years. I've worked very closely with Dr Pryor over the years. The clients have taught me the most. You have taught me the important things in life and how valuable life is.

I have a family member who sustained a brain injury in 2018 and being on the other side of the spectrum, now I really appreciate where clients come from in aspects of their everyday life. Also, with how important the services are at Mind Forward. Just knowing that there are people out there and how important services are and can be.

My advice to the next CEO:

Look after the people, like the clients and the staff, everybody. Without looking out after the people, the spirit of the organization would not be the same. It's all about the people more so than the money and numbers.

You can't always follow a formula, you have to follow your heart.

Marilyn Capacitti was also a big influence for me. She is the wife of one of the first clients that I worked with and I worked very closely with the family. She is such a lovely woman and her heart, her approach and how she cared for her family and how appreciative she was of the work we did. So it was important to me to do good work and to make sure we do good work because of how it impacted families.

What has been the biggest challenge with your role as CEO?

Easy one, it's the pandemic. For the most part, my role as CEO has been during the pandemic. I don't know what it's like to be a CEO in a non-pandemic time.

What is your top memory while working at Mind Forward?

The one that is coming to mind, is almost 20 years ago. We were a smaller organization at the time so it was easier to do these things. We had a pool party, it was a bunch of clients and family members as well as staff and their family members. I had my husband there, my two young children were there and it felt like one big family. We had a BBQ and pool party. People were in the pool splashing, people were running around the yard and playing games. It was just like being in someone's backyard and hanging out. I'll never forget that memory. It was one of my top memories for sure.

Your advice to someone taking over your role?

My advice to the next CEO. Look after the people, like the clients and the staff, everybody. Without looking out after the people, the spirit of the organization would not be the same. It's all about the people more so than the money and numbers. You can't always follow a formula, you have to follow your heart.

(Continued next page)

I think that the work that we do is so important. I know it is important from my own experiences. My wish for Mind Forward is that we continue to do the great work that we are doing.

(Continued from previous page)

What is the biggest change you have experienced from when you started until now?

We are a much larger organization than we were in the 90's. We started out with only one residence and a Head Office. At Head Office it was only case management and Day Services, and Day Services would maybe be a group of five people. Technology has changed so much over this time. When I was a Team Leader and we had to collect data and analyze it, we would use graph paper to summarize data before using computers. We would do our graphs by hand with a pencil and put the data on a graph. We would draw our trend lines with a ruler. I was one of the first Team Leaders to input data onto an excel spreadsheet. I remember people at the time fighting because they wanted to continue doing their data on graph paper. I'm sure those people were glad when we made the switch.

What are you looking forward to in your future endeavors?

I don't have any real plans at the moment. I'm hoping to get back into some my hobbies. Right now, I'm going to sit back, catch my breath and take some time to myself to figure out what the next chapter is. I don't know what that is right now. But I'm a firm believer that things will happen and if you are open to the opportunities they will come.

Anything else you would like to share with our community?

I think that the work that we do is so important. I know it is important from my own experiences. My wish for Mind Forward is that we continue to do the great work that we are doing. I hope that we become leaders in the ABI field and that we really push the envelope so that people can get better care and better services and more. We are so underfunded and under-acknowledged. I believe that now, where the World is sitting that now is the time to push people and for the ABI community to stand up to say "Hey, we're here and we're important and we need more money" so that people can get the great care they deserve.

Lydia



Favorite Flowers are carnations, orchids, or any flower that is pink

Favorite Hobby is playing with her cat, Nadia

Interview: Lydia

What were some of the best times you had at Mind Forward?

Going to Boundless. I enjoyed meeting new friends and participating in fun activities.

I have a sweet tooth, I enjoy making anything sweet.

What is your favorite thing that you cooked/baked at Mind Forward?

Something I baked with Alfred. We made a 6 layer dessert. It's called "sex in pan."

Do you still keep in contact with anyone from the Mind Forward Community

I keep in contact with my friend Susan through FaceTime.



Where Are They Now?

What was your favorite group from Mind Forward?

Light delights is my all time favorite because anything is great when it comes to sweets. Second favorite is jumpstart and third is karaoke so I can sing the Backstreet Boys.

Is there anyone that you miss the most from Mind Forward?

Susan, Helen and Marilyn.

Who is your favorite Backstreet Boy?

I like them all. But if I had to chose one, it would be Nick Carter.

Where do you draw the most influence from?

My family, but more so my twin sister Anna

Do you still have Nadia? Or any other pets?

I still have Nadia and she is almost 5 years old. I have no other pets.

How are you keeping busy these days?

I'm going to community living. I have a great neighbor named Liz that I have become friends with. Making lots of new friends.

What is your favorite part about living in Tilisburgh?

I'm happy to be close to my family and making new friends.

MIND FORWARD CREATORS



Ryan: Travel & Photography

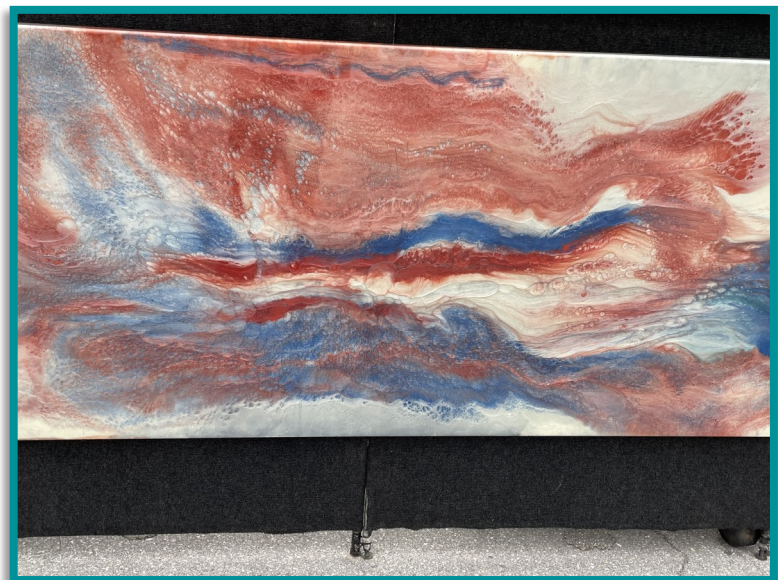
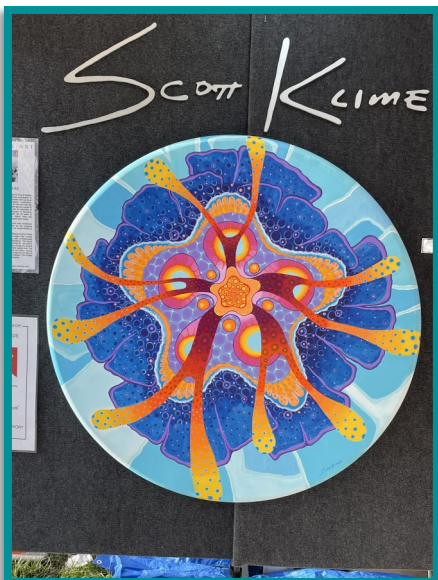
Favorite Vacation Spots in Florida

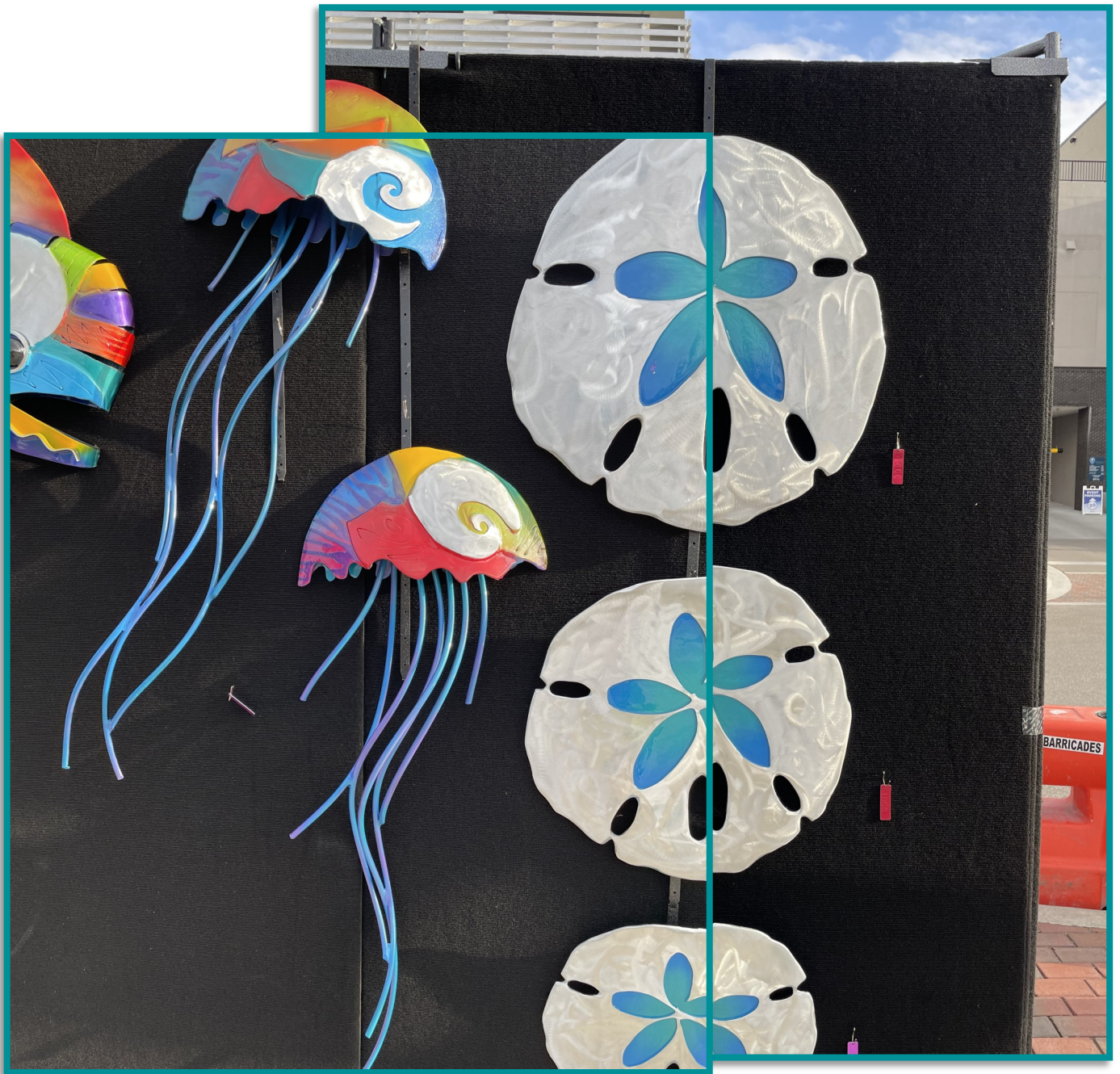
A few vacation locations in Florida, if you are looking for Disney characters Disneyworld in Orlando is a good location for young families to enjoy. As well for families with older kids Universal is another good place for those with various interests.

Here in Fort Myers there are lots of beaches to go to in different areas. In downtown Fort Myers they have an Artfest where all sorts of different types of art you can view as well as purchase to support the local talent. There is a Manatee park to view the manatees during certain times of the year. From February 3rd-5th the Artfest takes place in downtown Fort Myers.



The beaches and restaurants as well as the nightlife in Naples can be busy on any day during the week. However even though you can go to the beach right now it is highly advised that you don't go in the water due to remaining debris from Hurricane Ian as catching a flesh eating disease. Go to the beach to soak up the sun and nothing else.



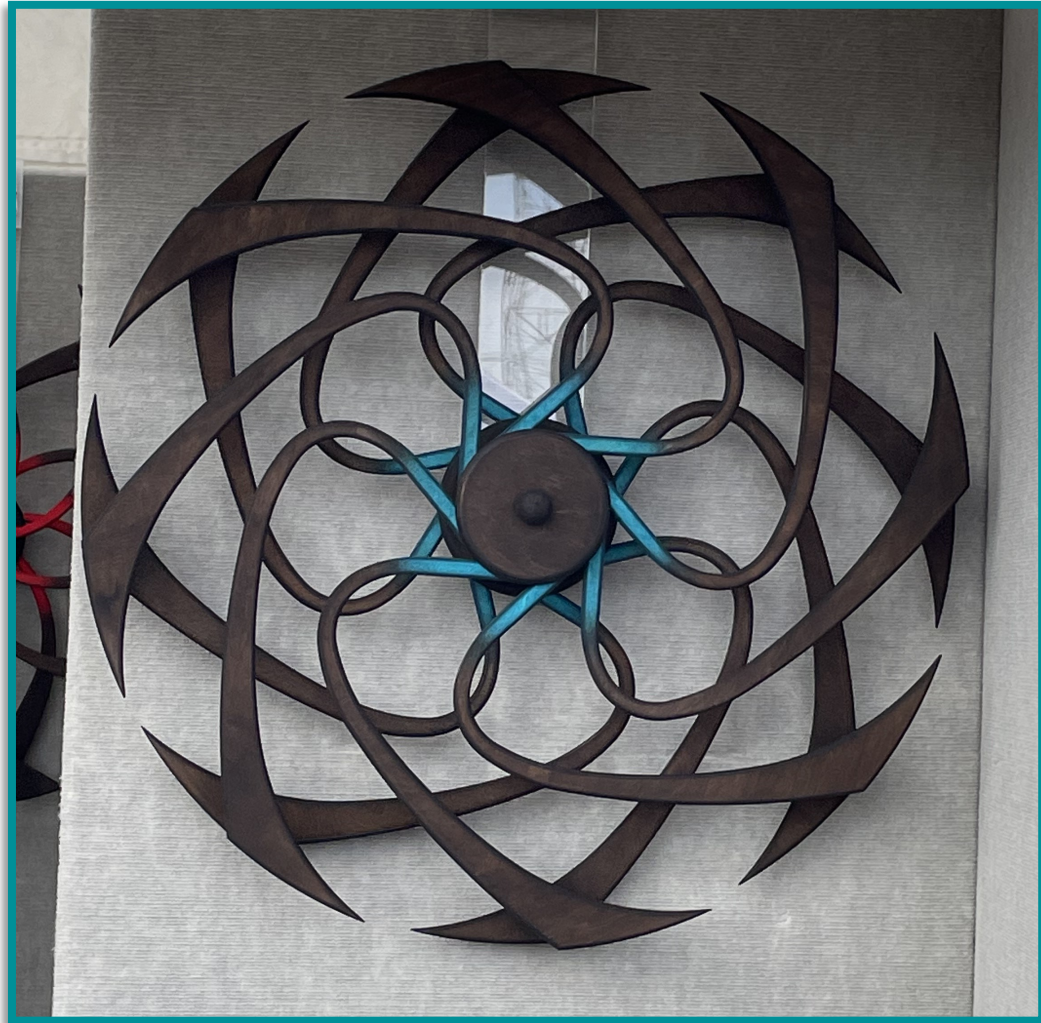


Take advantage of some other activities with your family or friends, such as mini golf. Play all 18 holes of mini golf at different locations throughout parts of Florida. There are some places where you can swim with manatees depending on how far you want to travel to do so. As well right now if you have enough people to go fishing, everyone can pitch on a fishing charter for the day preferably 6 or more people to make it worth the time and money.

Other activities such as swimming with Dolphins depends on where you are staying in Florida and the distance you want to travel for certain activities. Also make sure when you are doing all these activities to have ample amount of sun-screen on, a hat and a lot of water to stay hydrated.

Naples is good for a beach day as well and a lot of good Italian restaurants to eat at since Naples has a large Italian population, Sarasota is for the younger crowd and nightlife and then there is Venice the more chill older crowd, beaches and for those who hate paying for parking. It is free everywhere in Venice to park.

Also there are a couple of great places to eat. Fins is a good place to eat whether you want seafood, or steak. If you get the steak, smoked ribeye is the one to go for charred, grilled, and smoked. It was really good. I will leave you with this note.



Traveling to Florida at certain times of the year can be very different and the summer can be a lot hotter with oppressing heat that literally will hold you in place, my mom experienced in the summer when she moved to Florida for work.

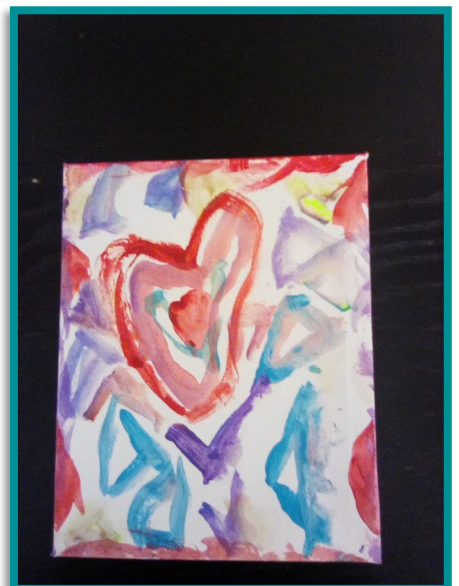
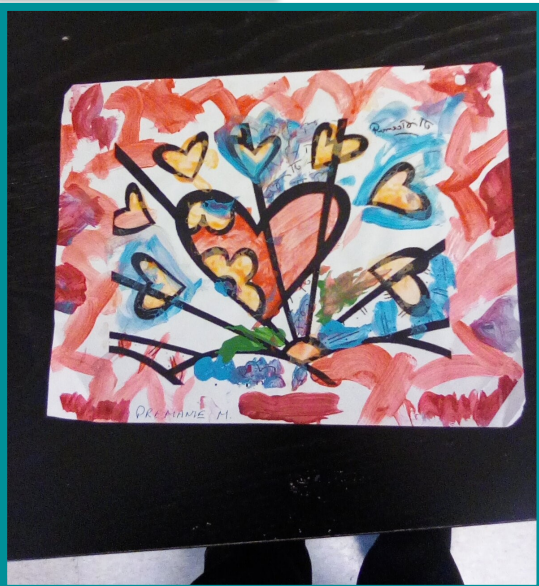
During the summer it rains a lot and there are a significant number of lightning strikes. If you do decide to travel to Florida for a vacation take note of all those mentioned above, make your own experiences, and take lots of pictures.



Premanie & Artwork

Those of us that know Prem, can tell you her artwork reflects both her creativity and her vibrant personality! Not only is Premanie involved in the visual arts, but she has a talent for music, also!

Thank you, Prem, for submitting your artwork for our magazine!





Article by Ann

Mind Forward Chefs

Culinary Creations

Join us Wednesdays 2pm—on Zoom

The culinary creations group gets together on Wednesdays from 2:00pm to 3:30pm. It is a gathering of clients who enjoy each other’s company, while cooking and eating together. The program is virtual at present and it is facilitated by Leisa and Carlene. Every week we make a different dish, we each get a turn to decide on the recipes. Recipes are added to the daily itinerary.

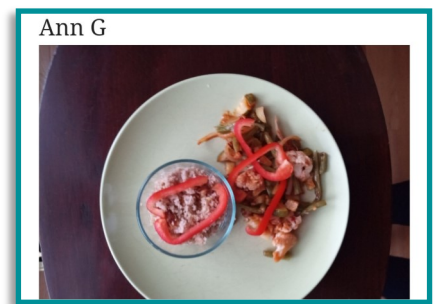
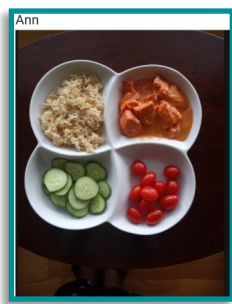
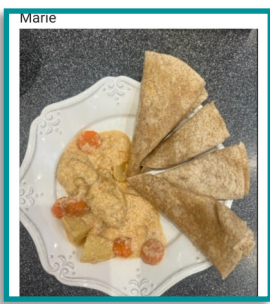
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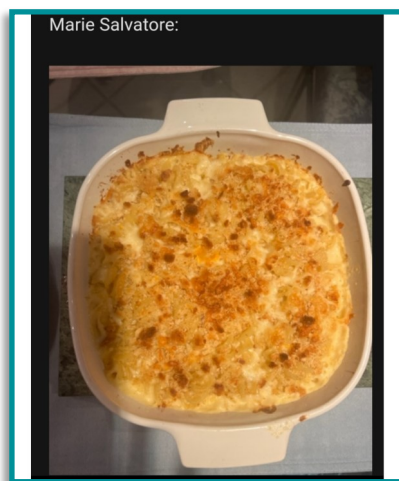
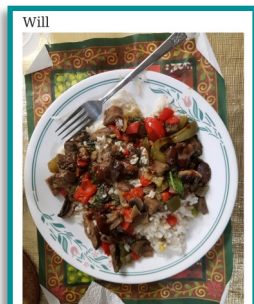
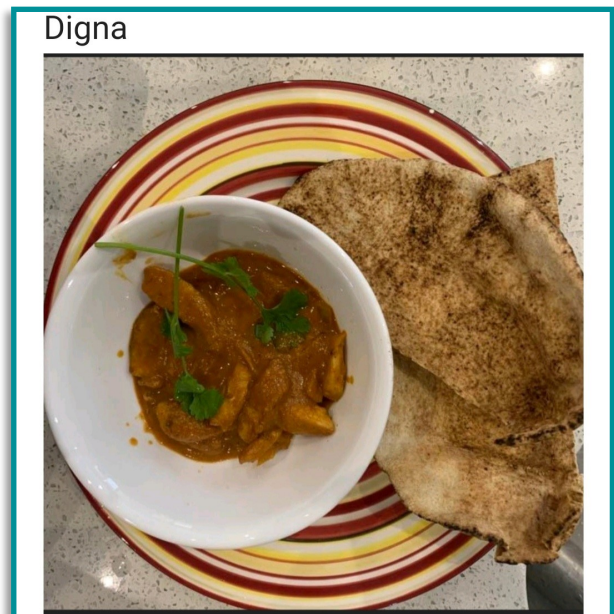
Digna



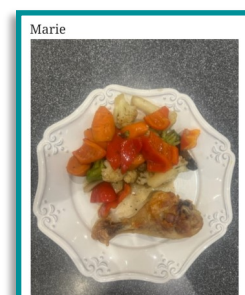
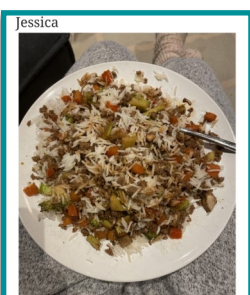
Each week, we present our dishes and photos are taken. Photos are sent to the participants and Mind Forward staff. We enjoy each other’s company, if a client does not cook and would like to join to socialize; they are always welcome to join.



This group provides a great motivation to try out different recipes that we may not have tried on our own. The hands on culinary experience is sure to give one the skills and confidence to demonstrate our cooking talents with family and friends. We also gain experience in preparing specific cuisine.



This could be the start of your culinary passion. Thank you to Carlene and Leisa and Mind Forward for giving us this opportunity.



ENTERTAINMENT

AVATAR: WAY OF WATER



Digna



This is a 2022 American epic film directed and produced by James Cameron, a Canadian. It is a sequel to Avatar released in 2009. The genre is action, fantasy, adventure, science fiction. The film received generally positive reviews from critics, who praised the film for its visual effects and technical achievements (computer-generated imagery) but criticized the plot and lengthy runtime at 3 hours and 12 minutes.

The positive reception and reviews for Avatar: The Way of Water show that people still want to see stories set on Avatar's planet Pandora, and the positive critic scores likely lead to the film doing well at the box office.

The story is about families trying to stay together, the lengths to which they all go to protect each other and protect the place where they live. Being a parent changes so much of their behavior and value system. In the first film, we saw Jake Sully as fearless. In the second movie, he's trying to keep his kids alive and adjust his own life. The great chemistry between Jake and Neytiri continues with their children. The continuity of the Na'vi deity, Eywa from the first film, is evident on this movie.

This film also explores the other parts of Pandora, the Na'vi tribes that come with them. This includes the oceanic tribe on which the film is based. I find it fascinating that the underwater scenes were filmed for real as Director James Cameron wanted these moments to look as realistic as possible with the motion-capture technology.



The crew filmed the actors using a tank which was 120 feet long, 60 feet wide and 30 feet deep, and it could hold more than 250,000 gallons of water. The tank meant that Cameron and the crew were able to control the environment the actors were working in. One other tank built was used for training and intimate character moments.



The water in the tank had to be clear so that the crew could fully film the performance capture technology. That means that while they were filming, they had to hold their breath to avoid having bubbles. The actors had underwater training and had fun doing it. While filming underwater, the actors learned to be calm and trusting so they can perform well.



For me, I appreciate the script, the meticulous creation of the story, direction, casting, theme, cinematography, musical scoring, the latest technology and special effects. I am looking forward to seeing the next movies. I would give this movie a rating of 9 out of 10.



Mind Forward has a movie group on Thursdays 2-3 pm! Movies will be on Netflix and decided by suggestions and voting. Join us on Zoom for some fun discussion!



Alanna

GAME ON!

ROGERS CENTRE REDO - NEXT LEVEL

Upon entering the stadium, fans will notice a huge change to the concourse level.

BULLPENS

Used to be at street level, so it kinda looked relief pitchers were coming up from the clubroom below. Now they'll be ON the playing field.

NO MORE NOSEBLEEDS

The 500 level seating, which has not been replaced since the Skydome was built, will be removed, auctioned off, and replaced next year.

100 LEVEL SEATING EXPANSION

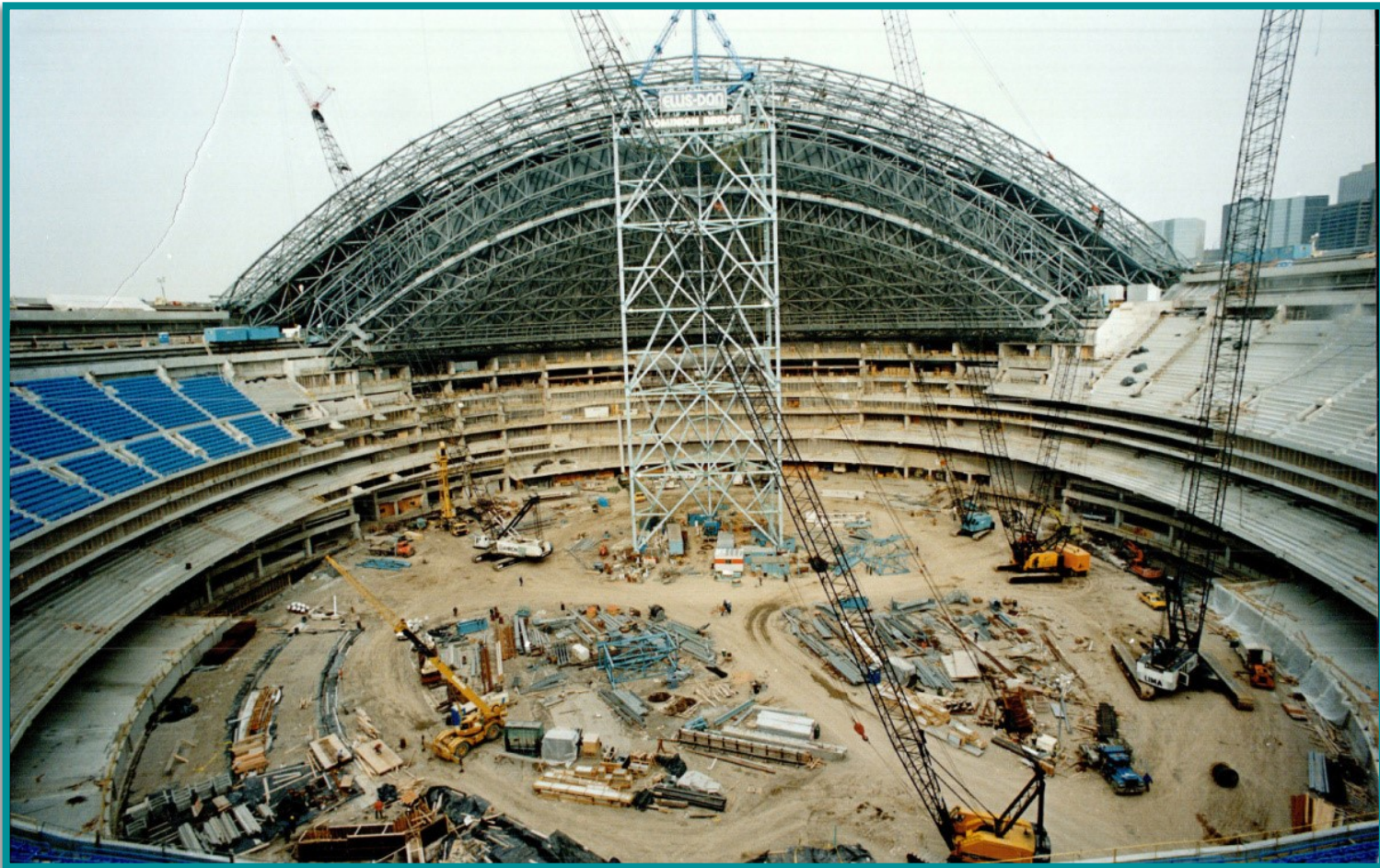
Skydome was originally designed to serve a dual-sport purpose. Now that the Argonauts have moved out to BMO Field, along with the updated bullpens, this 12 foot gap, can feature additional seating.

SOCIAL GATHERING AREAS

The Bullpen Patio - A standing, therefore wheelchair accessible, area at field level.

With the elimination of level 500 seating, they will also create a new two-row gathering area; complete with additional tables and seats. The left will be completed for this season, leaving the right side, with any additional *tweaks* for next year.





FOOD

A huge improvement to the quality and kinds of food offered.

Renovations are not exclusive to the field level. Obviously they will include players, locker rooms, weight rooms, family rooms, and administrative areas

SPRING

Join Mind Forward's

Sports Talk!

Every Monday 3pm on Zoom

Want in on some action?

Join our

Jumpstart Reboot!

Fridays 10am on Zoom

ROGERS CENTRE RENOVATIONS CONTINUED

THE CATCH BAR

Located on the 100 level, behind the visiting team's bullpen. So named because it's a great location to catch the game. Sleek, modern bar to get Crafty Cocktails, and Trendy Tastes



THE STOP

Located on the 100 level, behind the batter's eye. Designed as a homage to the stadium's history. Features diverse ethnicity food and beverage choices



CORONA ROOFTOP PATIO

Nestled in the iconic skyline, this is the perfect place to gather with friends. Under the shadows of the CN tower, in the highest section of the Rogers Centre Everything fans want; cocktails and modern takes on Ballpark Classics

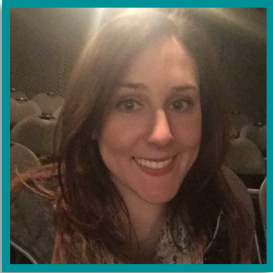


PARK SOCIAL

A Park within the ballpark. A comfortable, open-air space, to play games, socialize, and hang out. Food truck style; grilled cheese, milkshakes, and sundaes.



ACTIVITY PAGES



Beginner Sudoku:

1. The numbers 1 to 6 must occur only once in each column.
2. The numbers 1, 2, 3, 4, 5, and 6 must occur only once in each row.
3. The numbers 1 to 6 must occur only once in each block of 2x3.

	3			4	
1	4	6		3	2
	1	5	2	6	
2	6				
4	2			1	5
	5		4		

Sudoku using 1-9



	5			3	7			
8	3	1	4	2	7			5
9	7	4		8	6	1	2	3
3	8	6	1	4		2	5	7
7		5						
	4	9	7		2	8	3	6
5				7	4		9	8
	9		3		1			2
2				9		3		1

	9	3	1		5	6	4	
7								5
5		1	2		9	3		7
2								3
	3	6	9		7	5	2	
9								1
3		2	4		8	1		9
6								4
	4	7	3		2	8	5	



Mind Forward Brain Injury Services

Mind Forward Brain Injury Services (previously Peel Halton Dufferin Acquired Brain Injury Services) is a non-profit charitable organization, completely funded by the Ministry of Health and Long Term Care (MOH & LTC), the Mississauga Halton Local Health Integration Network (LHIN) and Central West LHIN to provide community based rehabilitation and life-long support for adults whose lives have been touched by acquired brain injury.

Since incorporating in 1992, Mind Forward has been committed to offering services to all individuals touched by brain injury (including clients, family members and caregivers) based on an assessment of the individual's needs and through a team approach to service planning and goal-setting. The client and significant others are welcomed as members of the program planning process, along with our staff and other experts.



Contact Us

Give us a call for more information about our programs

Mind Forward Brain Injury Services

176 Robert Speck Pkwy.
Mississauga, ON L4Z 3G1

905-949-4411, extension 221

info@mindforward.org

Visit us on the web at
www.mindforward.org

Mind Forward Brain Injury Services

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PLACE
STAMP
HERE