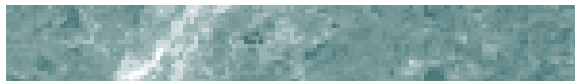


The Day Centre Program is designed to compliment consumer's individual rehabilitation plans and is based on components of Acquired Brain Injury Rehabilitation.

The Day Centre is an excellent opportunity for Acquired Brain Injury Survivors to connect with their peer group and build a community of support.



I feel comfortable and welcome here. The Day Centre has helped me to build confidence to talk with staff and my peers. I come here to have fun and meet new people. I enjoy doing arts and crafts most because it is so relaxing. I also enjoy fitness group because it gets me moving. I feel stress free when I am here.

~Quote from ABI Consumer~

The OMOD Day Centre is a place where I learn new things, interact and socialize with friends, gain new confidence in a friendly environment that I feel comfortable and welcomed in. I also try my best to make it a priority to attend the many groups I enjoy most where I feel I am a part of something. I enjoy passing the time and it gives me a good reason to leave my place more often. I hope to make new friends and meet new people who have also experienced a brain injury.

~Quote from ABI Consumer~

**March of Dimes
celebrates its 60th
Anniversary in 2011.**

60th
Anniversary • Anniversaire
1951 - 2011



Acquired Brain Injury Services

Day Centre



**96 Larch St. Unit 405
Sudbury, ON , P3E 1C1
705-671-3188 ext. 222**

Day Centre Programming

- Acquired Brain Injury Support Group (OWL)
- Just Us Guys Group
- Games Group
- Digital Photography
- Health & Fitness
- Nutrition
- Creative Expressions Arts Group
- Music Therapy Group
- Book Club
- Newsletter Group
- Food Preparation
- TGIF Social & Community Outings Group
- Volunteer Opportunities
- Weekend Activities
- Workshops: Anger Management, Wellness, Relaxation, Anxiety, and Hands On Activities

Acquired Brain Injury Services have expanded in Sudbury:

Ontario March of Dimes Acquired Brain Injury Services of Sudbury has expanded services to offer a Day Centre in addition to the Supportive Housing and Outreach Programs.

The Day Centre operates as a drop in centre with a weekly calendar offering a multitude of daily groups, workshops, and activities. The groups offered encompass a variety of life skills and focus on many aspects of daily living such as health, fitness, nutrition, food preparation, outdoor living, music, art, creativity, social skills, peer support, and the challenges of life after a brain injury.

The intent of the setting is to increase opportunities for independence, community integration, education, socialization, and support for adults with acquired brain injury by providing a structured, inclusive, and enabling environment.



The OMOD Day Centre is open to those living with Acquired Brain Injury in Sudbury. For intake services please contact the Day Centre for further information. Open Weekdays 8:30-4pm Tues.—Thursday 7:30pm

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