



Ontario March of Dimes Day Program

Ontario March of Dimes Acquired Brain Injury Services of Sudbury has expanded services to offer a Day Program in addition to the Supportive Housing and Outreach Programs. The Day Program opened in mid January of this year and has provided a hub for many Acquired Brain Injury Survivors. The Day Program 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. Consumers may choose which groups they would like to attend and may bring a support person if required. Consumers who participate in the program are encouraged to be active in the planning and decision making for the activities run at the Day Program which allows them to be a part of the ownership of the space. The programming is designed to compliment consumer's individual rehabilitation plans and is based on components of Acquired Brain Injury Rehabilitation. This program is an excellent opportunity for Acquired Brain Injury Rehabilitation. This program is an excellent opportunity for Acquired Brain Injury Survivors to connect with their peer group and build a community of support. The Day Program is open to Ontario March of Dimes Acquired Brain Injury Consumers and those living with Acquired Brain Injury.

Group Services

Creative Expressions

Group Description: Creative Expressions is an Art group which focuses on the expressive aspects of art and creativity. The group runs in 4-8 week workshops in which we focus on a larger scale project. The idea behind this is to increase opportunities to work on memory by picking up the same project week after week and taking time to complete larger projects. This instills a sense of accomplishment on a larger scale. Working on collaborative art projects gives consumers the opportunity to practice team building and social skills. The focus of the projects in this group is not on the product but rather the process. Thought provoking ideologies and metaphors are used throughout the creative process to encourage participants to take their time and think things over before doing them. Through creating art and reflecting on the art processes, many rehabilitation elements are incorporated into this group including: self reflection, goal setting, following direction, transferring feelings into visual elements, increased awareness of self and others, coping with challenges, stress and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art.

On With Life

Group Description: On with Life is a mutual support group for Acquired Brain Injury survivors. Each session focuses on a topic usually chosen by participants, which relates to the daily struggles of life after a brain injury. Staff researches and developed a worksheet based on the topic chosen and uses the worksheet as a guideline throughout group in order to stay on task and work through the issue presented. Consumers are welcomed and encouraged to share their own experiences, ideas, and stories as they relate to the topic. Staff provided support during difficult times, and offers strategies and ideas to help with any challenges proposed. Consumers also provide each other with feedback. The group is very supportive in listening to others and everyone has their turn to speak. Consumers often journal and write down important elements in the worksheet provided.

Health and Nutrition Workshop

Group Description: This educational group focuses on many elements of health and nutrition. The intent of this group is to provide current, factual health and nutrition information based on goals of ABI rehabilitation. The workshop includes weekly topics that are often consumer specific or geared to benefit the specific members of the group. Consumers are encouraged to choose the topics and staff research and facilitate each session. This workshop includes many activities, videos, journaling exercises, and group work. The topics chosen are researched in terms of acquired brain injury and the information is related in a rehabilitation model that supports specific health and nutrition struggles.

The Lunch Box

Group Description: The lunchbox group is a lunchtime version of community kitchens. Consumers choose healthy lunch recipes to add to the calendar. Staff type the recipes in a simplified format. Consumers follow the steps and prepare the ingredients. The goal of this group is to increase the consumer's ability to follow instruction, read recipes, and learn basic cooking skills. The focus during the group is on team work, hygiene, making healthy food choices, portion control, and fine motor skills. Once the meal is complete the consumers get to have the immediate gratification of eating the meal they have just prepared. After the meal, consumers engage in cleaning up the area and doing the dishes.

T.G.I.F

Group Description: Thank Goodness its Friday Group is a fun and interactive group that focuses on socialization and community integration. TGIF is one of the most popular groups within the program. TGIF consists of a number of community activities and outings, social and recreational activities, and one food related activity per month.

The outings planned are usually little to no cost, however consumers must arrange their own transportation to and from the outings. Outings are geared towards accessibility to all individuals and special needs. The goal of TGIF is to increase independence within the community by going to local events and activities as a group. Often times, the group will be held at the Day Centre. Staff will plan activities or theme days and carry out a number of interactive group games. Participants are encouraged to work as a team, make new relationships, and develop a peer support network. The rehabilitation focus of this group is on developing social skills, interpersonal relationships, communication, team work, community navigation and awareness, planning and organization, and strengthening personal skills. Consumers are active in suggesting activities and participating in the activity planning.

Newsletter Group

Group Description: Brain Waves is the Ontario March of Dimes Day Centre Newsletter. Newsletter group meets weekly to work on articles for the newsletter. The newsletter writers report on Day Centre activities and events, upcoming events, Acquired Brain Injury facts and personal experiences, Sudbury community and leisure, health and wellness, celebrity gossip, and much more. Participant's research and report on topics they choose and write articles. Participants edit and compile the articles into Newsletter format using Microsoft Publisher. The newsletter was intended to be published quarterly, but we are aiming for semi-annual with a future goal to make it quarterly. The intent of the newsletter is to create ABI awareness and create a voice for Acquired Brain Injury. The goal of the newsletter is to further develop communication skills, writing skills, language, research, reading and editing, self awareness, computer and internet skills, team work, and creativity.

Music Group

Group Description: Music group is run by a private music instructor and self described music specialist, Phil Morris, along with support from OMOD staff. Music group focuses on elements of music and the process in which the facilitator uses music and all of its facets—physical, emotional, mental, social, aesthetic, and spiritual to improve motor skills, verbal and non-verbal communication, songwriting, listening, learning and playing instruments. Phil uses a variety of methodologies to create a safe and inclusive environment for creating music. This group is inclusive of all levels of music ability and the focus is primarily on the process rather than the product. Consumers are encouraged to bring in their favourite music on CD's which are played throughout group. Consumers are also given the opportunity to write song lyrics and discuss their own personal stories. The group is a fun, light, and friendly environment.

Fitness Group

Group Description: Fitness Group, Sit to be Fit, is a unique seated exercise program that improves muscle tone, flexibility, and cardiovascular endurance. The routine is geared towards limited mobility and is a good fit for individuals using a wheelchair or walker. This routine is also inclusive to all levels of mobility as it aims to improve balance, strength, flexibility, and mobility through easy to follow, effective seated exercise. Some of the exercises include the use of thera-bands and light dumbbells. The routine is beneficial to people of all fitness levels as a practical alternative to conventional exercise. Upbeat music helps to set an energetic mood and get everyone moving.

Power Hour Group

Group Description: Power hour is a health group that follows fitness group. The focus of this group is to make healthy, energy boosting snacks, drinks, or smoothies to encourage healthy eating and replace energy lost during fitness group. Participants choose healthy ingredients to make a simple, low calorie recipe and enjoy a snack afterwards. Some popular choices include homemade fruit smoothies, yogurt, healthy muffins, granola snacks, fruit juices, tea, and homemade trail mix, banana, fresh and frozen fruits and berries. Most often, this group brings in ingredients from home or gives a contribution towards purchasing ingredients. The goal of this group is to develop healthy and alternative snacking habits, support participants to make healthy choices, and maintain a balanced lifestyle.

Digital Photography Group

Group Description: This group is an introductory educational course on using a digital cameras to take photographs. Digital Camera's are provided during the group and are used to teach components of digital photography such as choosing a subject, using light, visual elements, editing photo's, printing photo's, portrait photo's, scenic photo's, and creating a portfolio. This group is intended to be both educational and interactive with many different lesson plans and opportunities to get out in the community and take photo's. The group runs in 12 week sessions, and participants are encouraged to take part in the entire workshop as the lesson plans are geared to compliment each other.

Coming Soon:

Anger Management Workshop – 8 week sessions that repeat each other. Facilitated by Dean Beckerleg. Look for this in the September Calendar.

Computer Comfort – Basic Introductory to Computers, Microsoft Word, E-mail, Internet Look for it this Fall.

~Please call the Day Centre 705-671-3188 ext 222 for further details or intake referral~