

ABI HEALTH CRISIS FACTS



Traumatic brain injury affects 166,455 Canadians a year, with 22,000 in BC.



According to the World Health Organization, brain injury will surpass many diseases as the major cause of death and disability by 2020.



In 2021, an estimated 640,000 people will suffer from traumatic brain injuries in Canada.



Watson Centre Society for Brain Health provides a positive solution to help improve the quality of life for anyone with acquired brain injury (ABI) or concussion.



Watson Centre Society FOR BRAIN HEALTH

HAVE QUESTIONS?

Send us an email or give us a call.
We are happy to help.

PROGRAM HOURS

Clients have a choice of enrolling in the morning or afternoon programs.

HOW YOU CAN HELP

We encourage you to donate to Watson Centre Society for Brain Health. We guarantee that every dollar will help someone in need get a step closer to living a more fulfilling and independent life after brain injury.

To donate please visit:
watsonbrainhealth.com

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Watson Centre Society
FOR BRAIN HEALTH



IMPROVING QUALITY OF LIFE

FOR PEOPLE WITH
BRAIN INJURY OR
CONCUSSION

At Watson Centre Society for Brain Health (WCSBH) our mission is to improve the lives of people who have suffered a brain injury or concussion and to help them reclaim their life to the fullest. Our team of experts work with clients to develop customized programs that help stimulate the brain's capacity to grow and change. WCSBH is a non-profit, charitable organization that helps people with acquired brain injury through an interactive cognitive rehabilitation program.

watsonbrainhealth.com

HELPING PEOPLE WITH BRAIN INJURY OR CONCUSSION



The program offered at Watson Centre Society brings hope to brain injury survivors who've been told their recovery had plateaued.

THE WCSBH PROGRAM

Our program adopts components of BrainEx™ combined with mindfulness, meditation, exercise, and clinical counselling to increase function in specific areas of the brain that may be damaged or underperforming. BrainEx™ was originally developed by Barbara Arrowsmith-Young in 1980 to help develop weak cognitive areas through specific exercises that strengthen the brain.

CLIENTS REPORT THE FOLLOWING CHANGES:

- Feeling happier and more in control of their daily lives
- Clearer thinking
- Increased memory and memory for more details
- Increased executive functioning
- More outgoing and talkative
- Better ability to understand main ideas in conversations
- Better decision-making skills
- Improved social skills

"The most important thing we've learned is that the brain has an incredible capacity to change. What we have seen is that intervention/stimulation can make a change in the brain and in cognitive/behavioural function." – DR. NAZIN VIRJI-BABU

OUR PROGRAM

Our program implements a four-pillared approach that improves quality of life by increasing capacities. It's focused on cognitive, physical and emotional healing, which is backed by public research and proven techniques.



COGNITIVE EXERCISES



PHYSICAL EXERCISES



MEDITATION



COUNSELLING