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Dear Friend,

As we reflect on the many blessings we are privileged to enjoy, even in these uncertain times, we have an opportunity to renew our commitment to making a positive impact in the lives of others who are far less able to cope with the challenges we all face day to day. That is why we are reaching out to you today to ask for your help as we work to bring new hope and happiness to the individuals and families who SIGN assist in many different ways.

We are committed to helping the most vulnerable in the communities we serve. One of the unique programs we offer is Life Without Barriers, through which we assist survivors of an acquired brain injury to overcome barriers and meaningfully participate in personal, family and community life.

By offering in-home support for the daily functioning most of us take for granted, and by providing community group get-togethers that focus on self-help strategies and peer support, we know we can improve the quality of life for individuals who have experienced a traumatic brain injury.

But we cannot do this important work without the generosity of people like you.

Lives are impacted in various ways as a result of brain injury. That can include short term memory loss, difficulties in starting tasks, challenges with communication, seizures, headaches, and difficulty regulating emotions. Often, these conditions are invisible to others, which can create misunderstandings, changes in family dynamics, loss of sense of identity and increased isolation.

Most often, loss of identity is the number one issue. They are no longer Julie or Thomas; they are a brain-injured family member, friend or client. The question for SIGN Life Without Barriers is always this: how can we help these individuals overcome these challenges and live a fuller life?

As Julie, one of the program participants shared, "My recovery has been a very long road and the team has been a huge help. They work together with me to get me back into the world."

Daniel, another participant, told us this: "Our group sessions have been wonderful, because I don't otherwise get to see anyone else with brain injuries, so it's really hard to know that brain injuries actually exist. We talk about our injuries and get to see what others are going through and it gets me out of the house and meeting with these newer friends."

We are raising funds to support the acquired brain injury program, the name of which spells out our goal: Life Without Barriers. It is one of two dozen programs provided by SIGN that support individuals, families and communities in need, from expecting parents to senior citizens. Every donation brings us one step closer to creating a brighter future for others.

If you would like your donation to go to a specific program, just let us know... the choice is yours. Information about all our programs can be found on our website, www.signyorkton.ca.

Your contribution – whether large or small – will make a huge difference in the lives of so many in our community.

What can you do?

- Visit our website at www.signyorkton.ca to donate securely on our website. Look for the Donate Online button on the home page;
- Write a cheque to the Society for the Involvement of Good Neighbours (SIGN) and mail it to 83 North St. Yorkton SK S3N 0G9;
- Scan the QR code to take you directly to our secure online donations page at CanadaHelps.org, which will then issue your receipt.



We believe in the power of community, and with your help, we can help those who need it most. Every donation brings us one step closer to creating a brighter future for others. Your gift ensures that everyone in our community can look forward to a happier new year. **Together, we can make a difference that lasts throughout 2025 and beyond.**

Thank you for caring and sharing with those who need it most. From all of us at SIGN, Happy New Year!

A handwritten signature in black ink that reads "Andrew Sedley".

Andrew Sedley, CEO
Society for the Involvement of Good Neighbours

P.S. Your gift today can make a lasting impact. Please don't wait – help us help those who need it most!