



Winter 2025

((The voice))

H a p p y

New Year

2026

As we bid farewell to 2025, we're thrilled to share that our Christmas Party was an amazing time, with 15 people joining the celebration at CABIS!

We hope everyone had an amazing time surrounded by family, friends, and good cheer

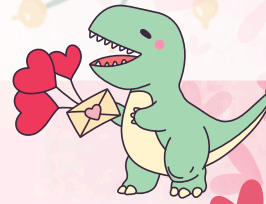
From all of us at CABIS, thank you for being part of such a wonderful year. Here's to an even brighter and more fantastic 2026!

Upcoming events



February

The country of the month in February is **Brunei**.
come explore the country and learn some awesome
facts. February schedule to come next week.



March

March is Caregiver Awareness month

Our featured country is **Portugal**. We invite you to
explore this beautiful southwestern European nation
and discover its rich culture, fascinating traditions, and
unique customs.



Past events

We are deeply saddened to share that
we said goodbye to a true friend of
everyone at CABIS, Rod Sargent, on
December 9. He will be forever missed
and will always hold a special place in
our hearts.





Calendar of events



CLUB CABIS

CLUB CABIS IS A SOCIAL DROP-IN SESSION FOR SURVIVORS OF THE ACQUIRED BRAIN INJURY. THE MEETING ARE HELD IN OUR OFFICE EVERY THURSDAY AFTERNOON BETWEEN 1 - 3PM. THE FIRST THURSDAY OF THE MONTH IS THEMED WITH A COUNTRY!

LADYBUG CAREGIVER

FOR CAREGIVERS OF ALL PERSONS LOOKING AFTER A FRIEND OR FAMILY MEMBER WHO IS LIVING WITH CHALLENGES DUE TO DISABILITY, ILLNESS OR AGING. WE PROVIDE SUPPORT FOR CAREGIVERS AS REQUESTED.



COMPASS FOR THE CAREGIVER



CABIS OFFERS THE COMPASS FOR THE CAREGIVER COURSE, WHICH IS A FOUR WEEK MODULE COURSE. IT IS INTENDED FOR THOSE WHO ARE LOOKING AFTER A FRIEND OR FAMILY MEMBER WHO IS LIVING WITH CHALLENGES DUE TO A DISABILITY, ILLNESS OR OLD AGE. PLEASE CONTACT US FOR MORE INFO.

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2025
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