



## Brainworks' Christmas Spirit



This wonderful time of year, when thoughts turn to family, loved ones and shared memories, is the perfect time to acknowledge all the friends and colleagues who have made the past six years so special for us here at [Brainworks](#).

The years have brought not only challenges but also many triumphs. Together with the determination and hard work of our clients, and the collaboration of our working partnerships, we've also witnessed many miracles. We've seen challenges once thought insurmountable overcome, short and long-term goals met and far exceeded, families reunited and strengthened and the passion for life restored. This is what drives us to keep doing what we do.

In celebration of Christmas, Brainworks' staff initiated a project to collect food, clothes and other essential items for two families sponsored through the Pediatric Acquired Brain Injury Community Outreach Program (PABICOP). We hope to bring a little extra joy this season to these families who have young children coping with an acquired brain injury, but who have limited financial means. A third family struggling without adequate resources will also receive practical support and Christmas cheer as part of this initiative.

Brainworks' staff have made generous donations of items and Brainworks, as a corporation, is sponsoring this initiative and contributing, too. Brainworks is very proud of all those who have participated.

This year, we have taken on this project in lieu of sending out cards and gifts to our friends and colleagues. We know you will agree that this is such a meaningful way to celebrate the season-giving to those most in need who are coping with hardships we know so much about. They are now part of our extended family and we wish them the very best this holiday season and throughout the coming year.



As the snow falls gently among coloured lights and seasonal decorations, let us remember the true meaning of the holidays. Let's take this opportunity to shine at what we do best-helping each other through whatever life brings, shouldering some of the load, encouraging another step forward. Together, we'll continue to make miracles happen.

Best wishes to all of you this holiday season and for the coming new year!!

Arden McGregor  
Executive Director



## Brainworks Forms Strategic Alliances to Combat Chronic Pain

In recognition of National Pain Awareness Week, Brainworks, in collaboration with the Departments of Clinical Neurological Sciences and Oncology at The University of Western Ontario, Siskinds: The Law Firm and the Canadian Pain Coalition, hosted a **Breakfast Seminar on Easing Chronic Pain**. Although not holiday-themed in nature, this opportunity to gather with colleagues and clients had everyone who attended in the truest of holiday spirits in early November!

The presenters were Dr. Dwight Moulin from UWO, Jim Mays from Siskinds, and Brainworks' Executive Director Arden McGregor. This informative seminar and the panel discussion that followed offered the latest from the medical, legal and psychological communities on current practices to reduce suffering from pain and improve quality of life.



A highlight of the event for Brainworks was the opportunity to present the Canadian Pain Coalition with a \$1,000 donation to help them continue their great work of community education and to assist those coping with pain's wide-reaching effects.

Pain management has been a very important component of the [Brainworks Services & Programs](#) ensemble. Our therapists have seen how much suffering from chronic pain can interfere with clients' progress and indeed their quality of life. In response to this overwhelming problem, Brainworks developed a psychologically based chronic pain management program, **Contain Your Pain**. If you'd like to read more about this exciting Brainworks initiative, click on the link at [Contain Your Pain](#).

