



# CONNECTIONS

## A Message from Brain Injury Canada

As summer ends and we move into fall, we're taking a moment to reflect on what has already been a busy and meaningful year at Brain Injury Canada.

Over the past several months, we have continued working alongside individuals with lived experience, families, caregivers, professionals, partners and advocates across

Canada to increase awareness, strengthen education and advocate for better supports for the brain injury community.

Here's a look at what we've been working on and what's coming next.

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# What we have been up to



## Brain Injury Awareness Month

Recovery. Reality. Recognition. This June, Canadians across the country joined us for Brain Injury Awareness Month. Our 2026 campaign focused on the full journey of brain injury, recovery and rehabilitation, the realities people experience every day, and the continued need for greater recognition and systemic support.

Thank you to everyone who shared resources, started conversations, participated in our campaign and helped amplify the voices of the brain injury community.

[Read more about Brain Injury Awareness Month](#)

## Supporting Better Care in Long-Term Care

Our Brain Injury in Long-Term Care e-course helps professionals strengthen their understanding of brain injury within long-term care environments.

The self-paced course explores topics including the effects of brain injury, aging, comorbidities, mental health, person-centered care, challenging behaviors, and supporting residents with complex needs. It is part of our growing commitment to providing practical, evidence-informed education for professionals who support people affected by brain injury.

[Explore the course](#)

## Lived Experience at the Centre of the Conversation

One of our recent webinars brought lived experience directly into the conversation, creating an opportunity to learn not only about brain injury, but from people who understand its realities firsthand. Lived experience continues to inform our resources, educational programs and advocacy because meaningful change must be driven by the voices of people directly affected by brain injury.

[Watch the webinar](#)

# Upcoming Webinars

There's more learning and conversation ahead of this fall.



## Seeing the bigger picture: Understanding vision-related symptoms after concussion

**By Brain Injury Canada and TRANSCENDENT  
Concussion Research Program**

**Date:** Oct 1st 2:00PM – 3:30PM EDT

### **Speakers:**

**Allie Harrison** – Lived Experience Advocate

**Dr. Kathryn Schneider** - Associate Professor  
and Clinician Scientist. Sport Injury Prevention  
Research Centre, University of Calgary

**Dr. Kristine Dalton** - Associate Professor  
School of Optometry & Vision Science,  
University of Waterloo

The poster features the logos for Brain Injury Canada, Lésion Cérébrale Canada, and TRANSCENDENT Concussion Research Program at the top. The title 'Seeing the bigger picture: Understanding vision-related symptoms after concussion' is prominently displayed in a blue font, with a magnifying glass graphic behind it. Below the title, the date 'October 1, 2026' and times '2:00 – 3:30 EDT / 12:00 – 1:30 MDT' are listed. Three circular headshots of the speakers are shown: Allie Harrison, Dr. Kathryn Schneider, and Dr. Kristine Dalton. Each photo is accompanied by their name and a brief bio. At the bottom left, there is a question 'Have you experienced visual symptoms after your concussion?' and a sign-up link 'https://redcap.link/vibhxc8r'. A QR code is located at the bottom right. The footer mentions 'CONCUSSION AWARENESS WEEK 2026' and 'SEPT 27 – OCT 3 COME LEARN ONLINE WITH US!'.

**Seeing the bigger picture:  
Understanding vision-related  
symptoms after concussion**

**October 1, 2026**  
2:00 – 3:30 EDT / 12:00 – 1:30 MDT

**Allie Harrison**  
Lived Experience Advocate  
TRANSCENDENT Community  
Advisory Committee Member  
and Founder of Keep Your  
Head Up Foundation

**Dr. Kathryn Schneider**  
Associate Professor and  
Clinician Scientist  
Sport Injury Prevention  
Research Centre  
University of Calgary

**Dr. Kristine Dalton**  
Associate Professor  
School of Optometry &  
Vision Science  
University of Waterloo

Have you experienced visual  
symptoms after your  
concussion?

Sign up for free via  
the link or scan here:  
<https://redcap.link/vibhxc8r>

**CONCUSSION AWARENESS WEEK 2026**  
SEPT 27 – OCT 3 COME LEARN ONLINE WITH US!

**Register Now**

# Post-Traumatic Headache: What We Know, What Helps, and the Path Forward

**Brain Injury Canada and Migraine Canada**

**Date:** Monday November 9, 2026 12:00 PM -1:00 PM

**Speakers:**

**Dr. Achelle Cortel-LeBlanc** MD, MHD (C), FRCPC -  
Neurologist and UCNS-certified subspecialist in headache  
medicine

**Paul Rogers** - Lived Experience Advocate



## Features

### Lived experience - Stories of Brain Injury

#### Emil's Story:



Emil acquired a serious brain injury in Grade 3 after being thrown by another child and landing on the back of his head.

Years later, he continues to navigate challenges with emotions, stress, and mental health while working with healthcare professionals to better understand the long-term impact of his injury.

Throughout his journey, Emil has found that asking for help, connecting with supportive people, maintaining a routine, and taking recovery one day at a time have made a meaningful difference. His story is also an important reminder that brain injuries are not always visible and patience, compassion, and listening without judgment can have a powerful impact.

For Emil, recovery is not about returning to who he was before, but about adapting, finding strength, and continuing to move forward with hope.

**Read more of Emil's Story**

Article:

# Concussion Awareness Week

## Expanding the Conversation

Concussion Awareness Week (September 27 to October 3, 2026) is an important opportunity to increase understanding of concussion, recognize its impact, and continue changing and improving the way we respond to brain injury. While this week provides a dedicated moment to raise awareness and amplify the conversation, the need for action does not begin or end with Concussion Awareness Week. Improving prevention, research, care, access to supports, and the lives of people affected by concussion requires attention and commitment throughout the year.

Much of the progress in concussion awareness in Canada has been driven by sport. The story of Rowan Stringer is an important part of that progress. Rowan was a 17-year-old rugby player from Ottawa who died in 2013 after sustaining multiple head injuries within a short period. This inspired Rowan's Law in Ontario and contributed to important changes in how concussions are recognized and managed in amateur sport.

Rowan's legacy reminds us why concussions must be recognized and taken seriously. It also reminds us that the conversation must continue and expand.

Concussions happen to people of all ages and in many different circumstances. Older adults can experience concussion following a fall, with symptoms sometimes overlooked or attributed to aging or other health conditions. Concussion and traumatic brain injury are also significant concerns in intimate partner violence (IPV), where injuries resulting from blows to the head, face or neck may go unidentified.

We also need to challenge what the word “mild” means when we talk about concussion. Concussion is medically classified as a mild traumatic brain injury, but its impact can be anything but mild. While many people recover relatively quickly, others experience symptoms that are persistent and debilitating.

## **At Brain Injury Canada, we believe awareness must lead to action.**

Concussion can affect memory, concentration, communication, sleep, balance, mental health, relationships, employment, education and the ability to manage everyday life. No two experiences or recoveries are ever exactly the same.

We are committed to working with the scientific and research community to strengthen our understanding of concussion and recovery. We are working with the clinical community to advocate for better access to appropriate services and supports, so people are not left facing long wait times or being passed from one service to another while trying to find help..

## **Concussion awareness is not simply about recognizing an injury**

Through knowledge mobilization, we work with brain injury associations and other partners across Canada to help ensure communities have access to current, evidence-informed concussion information.

Most importantly, people living with concussion must have a voice in shaping research, services, education and solutions. They need to be heard, believed and able to find the right help when they need it.

Ultimately, concussion awareness is not simply about recognizing an injury. It is about helping people recover, reconnect and get back to living their lives.

# FROM OUR PARTNERS



Brain Injury Canada collaborates with organizations across the country to amplify the voices and perspectives of people affected by brain injury. We are pleased to share the following opportunities from our partners to help ensure that people living with brain injury across Canada have meaningful opportunities to contribute their experiences and perspectives.

## Accessibility Sky Survey

Our colleagues at Canadian Abilities Foundation, HelpAge Canada, and Left Turn Right Turn/O'Hara Aging + Accessibility are conducting a survey to better understand barriers in Canadian airports for people with cognitive disabilities and their support networks.

**Please complete this survey if you are:**

- A person (over 18) with a cognitive disability who travels by air, or has reduced or stopped flying due to cognitive, intellectual, sensory, or mental health barriers; or
- A care partner or family member of a person who has experienced this.

Cognitive disability includes, but is not limited to, a wide range of experiences such as intellectual disabilities, autism, acquired brain injury, and forms of dementia



**Take the Survey**

# Free Virtual Peer Support Groups for Survivors of IPV-Caused Brain Injury.

Have you experienced an intimate partner violence-caused brain injury?  
**Are you looking to make connections and get support?**

Our colleagues at SOAR are offering Together We Thrive, a free, monthly online peer support group for survivors of IPV-caused brain injury. A trained facilitator helps guide each group, creating space for survivors to connect, learn, share, and grow.

Registration is now open to four nationwide groups, launching this October.



**Learn More about the support group**

## Looking for resources?

Brain Injury Canada offers free evidence-informed resources covering recovery, daily living, caregiving, returning to work, mental health and much more.

You can also use Brain Injury Canada Connect, our interactive directory, to find brain injury services and organizations across Canada.

**Explore Resources**

## Looking for your local Brain Injury Associations?

Provincial and local brain injury associations are available across Canada and are ready to provide support, information, education, advocacy, and a variety of programs and services to those affected by acquired brain injury.

Please note: The provincial and community brain injury associations are all independent from Brain Injury Canada, but all work in collaboration to enhance the lives of those living with brain injury.

**Find your local Association**

## What comes next?

### Share your story.

Every experience of brain injury is different, and every voice adds to our understanding of What living with brain injury really mean? If you are a person with a brain injury or a caregiver and would like to share your experience, we invite you to contribute to our growing story library.

Your story could help someone else feel seen, understood, and less alone.

### You might also be interested in...



[Educational infographics on brain injury, concussion and more](#)



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