



# The Ontario Brain Injury Association

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Return to Work Project Lead



# Ontario Brain Injury Association

## Our Mission

To enhance the lives of Ontarians living with the effects of ABI through education, awareness, and support.

## Our Vision

A world where every individual with an ABI thrives with dignity and respect.



# OBIA PROGRAMS

## 1-800 Helpline

Available Monday - Friday, 9:30-4:30 PM EST  
Access confidential emotional support,  
guidance and community referrals.

## Return to Work

Helps Ontario employers and their  
employees navigate a smoother, more  
successful return to work after brain injury.

## Online Support Groups

Registered Social Workers facilitate  
online concussion and caregiver  
support groups weekly for eight weeks.

## Life After Impact

Provides care to those affected by gender-based  
violence and brain injury to build financial  
independence and improve quality of life.

## Northeastern Ontario Advocacy

Individuals living with brain injuries and  
their family members access direct  
support in Northeastern Ontario

## Peer Support

connects individuals living with brain injuries  
and caregivers with trained mentors who  
share similar lived experience and interests.



**Support**

# 1-800 Helpline

*Support for Individuals, Caregivers, and Professionals*

- **Toll-free:** 1-800-263-5404
- **Email:** [support@obia.on.ca](mailto:support@obia.on.ca)
- Offers listening and emotional support
- Provides crucial support for families, friends, co-workers, and professionals who are seeking information
- Offers advocacy and system navigation for individuals living with brain injuries
- Makes appropriate community referrals to local and provincial resources



# Online Support Groups

Registration  
Now  
Open!

## Two Group Types

- Concussion Support Groups
- Caregiver Support Groups

## Overview

- Eight-week sessions
- Guided discussions on topics that support mental well-being and resilience
- Facilitated by Registered Social Workers

## Flexible Participation

- Join virtually or by phone



# Northeastern Ontario Advocacy Program

- Offers direct support services to individuals living with brain injuries, including those with co-occurring mental health or addiction challenges, and their family members
- Connects people to primary care and community support services
- Provides education & resources on brain injury to professionals and agencies



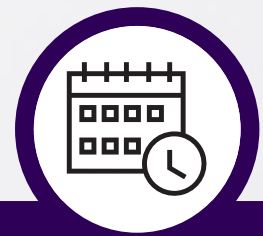
# Peer Support Program

- Connects individuals living with brain injuries and caregivers with trained mentors
- Share similar lived experiences, offering free emotional and social support
- Meet weekly by phone or online for one year
- Coordinated through community associations
- Matches are made province-wide based on shared needs and interests



# Life After Impact

**Goal:** Support clients in strengthening autonomy, working toward financial independence, and enhancing the overall quality of their lives



## Timeline

- 2-year project
- Funding end date: Spring 2027
- Funded through Ontario's Action Plan to End Gender-based Violence



## Eligibility

- Live in Ontario
- 18+
- Experience of GBV & brain injury
- Open to exploring goals related to financial health and well-being



## Services

- One-on-One Support Services
- Together We Thrive (*peer support group*)
- Online Training Program
- The Learning Group



# Return to Work After Acquired Brain Injury

## Return to Work Program *(For employees and their employers)*

### Online Training Program

Accessible, self-paced learning modules that help employers and employees build knowledge, improve workplace accessibility, and strategies for success.

### Employer Enhanced Support Services

Provides guidance, education, and practical tools to support inclusive workplaces and successful outcomes for individuals with brain injury.

## Brain Injury



## Job Readiness Program *(Job Seekers)*

### Job Readiness Skills Groups

Facilitated group sessions that focus on building confidence, strengthening vocational skills, and preparing for meaningful employment.

### Individual Employment Services & Job Placement

Personalized one-on-one support to help participants identify goals and navigate the path to sustainable employment. Participants will also have access to a subsidized job placement to gain experience.

# Return to Work Program

Supports Ontario **employers** and their **employees** navigate a smoother, more successful return to work after brain injury.

The program includes:

- Employee and Employer Online Training Programs
- With employer involvement, employees gain access to Enhanced Support Services:
  - Occupational Therapy
  - Social Work Services

This program is available to employees working in Ontario and **returning to their pre-injury employer.**



# Job Readiness Program

**New!**

- Launches June 2026
- Offers an 8-week, virtual, Job Readiness Skills Group
  - Individuals who participate in the group may be eligible to receive access to an employment counsellor, social worker and occupational therapist
  - Some individuals will all have access to a paid work placement (approx. 12 weeks)
- The program is funded for 1-year and the groups will be held in Summer 2026, Fall 2026 and Winter 2027

## Upcoming Groups:

Tuesday, June 9 to July 28, 2026  
1:30 p.m. to 2:30 p.m.

Thursday, June 11 to July 30, 2026  
11 a.m. to 12 p.m.

Thank You

## Contact Us



1-800-642-8877



obia@obia.on.ca



<https://obia.ca/>

Socials - @OntarioBIA

