

unlimited possibilities  
for people  
with disabilities

For more information about Headway programs and services or to inquire about membership please phone us or complete the form below and send to us via mail or fax. Thank you.

Name:

Address:

City:

Prov:

Postal Code:

Phone:

Fax:

E-mail:

**I am a:**

- Prospective Headway Member
- Family Member or Stakeholder
- Professional

Mail or fax the completed form to the Headway Centre of your choice and to the attention of the Program Manager.

**Hours of Operation:**

**New Westminster Headway Centre**  
Monday to Friday 10 a.m. to 5 p.m.

**Vancouver Headway Centre**  
Monday to Friday 11 a.m. to 5 p.m.



**Vancouver Headway Centre**  
Suite 320 1600 West 6th Avenue  
Vancouver, BC V6J 1R3  
Phone: 604.732.4446  
Fax: 604.732.4474  
Email: vanheadway@howesound.net

**New Westminister Headway Centre**  
319 Columbia Street  
New Westminister, BC V3L 1A7  
Phone: 604.520.0130  
Fax: 604.520.0160  
Email: nwheadway@howesound.net

**Howe Sound Rehabilitation Services Society**  
**Head Office**  
203-218 Blue Mountain Street  
Coquitlam, BC V3K 4H2  
Phone: 604.936.9944  
Fax: 604.936.9003  
Email: info@howesound.net  
www.howesound.net

*Funding provided by:*



# Headway Centres

## Programs & Services for People with Brain Injuries

Serving lower mainland communities since 1988

# unlimited possibilities *for people with disabilities*

## What is the Headway Centre Program and who does it serve?

Headway Centres are community based programs for people with acquired brain injuries. Members run their centre through participation in work departments and may also access the centre's many drop-in leisure and scheduled activities.

## How to become a member.

Headway members must meet these criteria:

- Members must have experienced a brain injury and be between the ages of 19 and 64.
- Members must be able to get to and from the Headway Centre independently or with the support of a care provider.
- Members requiring any personal assistance must be accompanied by their own attendant.
- Members without attendants must be able to manage their own medications and self-care needs.
- Members must not act disruptively or pose a health or safety risk to other members and staff.

Individual membership is \$12 annually and is pro-rated from April to April at \$1/per month. Financial assistance may be available.

Members may choose to receive newsletters and email distributions.

## Headway Departments

Headway departments assist members in gaining valuable skills and experience to help them further their personal and vocational goals. Members collaborate with staff to carry out the operation and maintenance of the centre through voluntary participation in various departments.

## When do departments operate?

The departments operate Monday to Friday during Centre hours and are closed for all statutory holidays.

## What departments are available?

Members participate in running the centre by volunteering in any of these work departments:

- Maintenance Department
- Communications Department
- Membership Department
- Planning Department
- Prevention Outreach Department
- Kitchen Department



## Headway Drop-in Program

The drop-in program is a venue for people with an acquired brain injury to access social, recreational, and leisure activities on a drop-in basis.

## When can I drop in?

New Westminster Headway 10 a.m. to 5 p.m.  
Vancouver Headway 11 a.m. to 5 p.m.

## What drop-in activities are unscheduled and available anytime?

- Air Hockey, Foosball, Darts, Billiards
- Card & Board Games
- Bingo
- Music
- Lunch, Socials, Coffee Chat
- Computers, Internet Café
- Crafts, Beading
- Library

## What scheduled drop-in programs are available?

- Movie Night
- Tai Chi
- Community Outings
- Fitness and Swim Program
- Bowling
- Cooking
- Seasonal Activities
- Special Events

