



THE FUTURE IS MINE

Supporting the Adult Burn Community

Activity Schedule

January – May 2019

It just keeps getting better; with new members, long time burn survivors and great opportunities that are available to you at no cost thanks to our fabulous sponsors!

RSVP for Events & Meetings

RSVP to Heather at survivorservices@burnfund.org

Burn Fund Centre

Burn Fund Centre, 3891 Main Street (at 23rd), Vancouver. Parking may be available on the street or in the pay lot behind the Legion on 23rd.

Phone/Video Conferencing

Join meeting by phone:

Call 1-888-433-2192.
Use participant code 340255.

Join by video conference:

You will need to be on a PC, laptop or smart phone that has web cam and speaker ability.

meet.google.com/gai-upmg-coe

Survivor Support Programs

EDUCATIONAL SUPPORT GROUPS

– these sessions are designed to provide information and resources on issues facing burn survivors in their physical, emotional and social healing. Sessions begin with a presentation and discussion on a topic pre-determined by survivors followed by an opportunity for peer to peer support.

PEER TO PEER SUPPORT GROUPS – an opportunity for survivors to share and receive support and encouragement from other survivors. In a safe environment these sessions provide the opportunity for survivors to share their unique journey as well as issues common to all survivors. Through sharing and discussions survivors empower each other to continue their healing from a burn injury.

SURVIVOR SOCIAL EVENTS – these events provide an opportunity for survivors to interact on an informal basis, learn new skills or just enjoy each others company.

Yoga Wednesday at the Burn Fund Centre

Every Wednesday: January 9 to March 27, 5:30–6:45 pm

Restorative, relaxing no matter what your abilities are! Everyone is welcome and all equipment is provided. Our very generous instructors have created this program and already have a strong following. Drop in and experience this wonderful energy! No equipment required.

Location: Burn Fund Centre, burnfund.org



JANUARY



The BC Professional Fire Fighters' Burn and Wound Healing Research Laboratory

Thursday, January 24, 2019, 6–7:30 pm

We visited the research lab at Vancouver General Hospital and met Dr. Ghahary who discussed the exciting initiatives undertaken in his lab.

Location: Blusson Spinal Cord Centre at Vancouver General Hospital, 818 West 10th Avenue

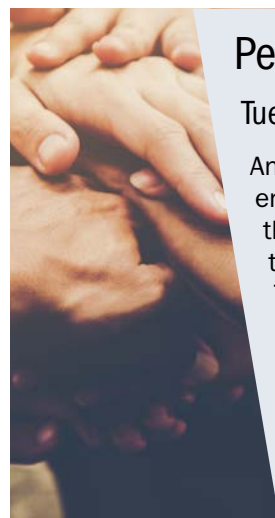
Go Canucks Go!

Saturday, February 9, 2019, 7 pm

Canucks Sports & Entertainment has generously donated tickets to the Vancouver Canucks vs the Calgary Flames. RSVP is required.

Location: Rogers Arena, 800 Griffiths Way, Vancouver

FEBRUARY



Peer To Peer Support Group

Tuesday, February 19, 2019, 6:30–8 pm

An opportunity for survivors to share and receive support and encouragement from other survivors. In a safe environment, these sessions provide the opportunity for survivors to share their unique journey as well as issues common to all survivors. Through sharing and discussions survivors empower each other to continue their healing from a burn injury. Spouses/ family will be included in some groups.

Refreshments will be served.

Location: Burn Fund Centre. Members who cannot attend in person are invited to join via video or phone conferencing.

burnfund.org

MARCH



Applications for Burn Camp Volunteer Counselors

Available March 15

Burn survivors, aged 6 to 17, from BC and the Yukon attend a week long summer camp at the beautiful Cheakamus Centre in Squamish, BC. Campers and their counselors participate in group activities such as swimming, hiking, kayaking, rafting, waterskiing, skit night, and arts & crafts. The camp provides young burn survivors with an opportunity to share experiences with their peers. They also receive valuable one-on-one support from junior counselors – themselves burn survivors – and from their counselors. Doctors, nurses, medical therapists, adult burn survivors and professional fire fighters donate their time as counselors.

Burn Camp 2019: July 21 – 26, 2019

The deadline for completed counsellor applications is May 17, 2019.

Educational Support Group:

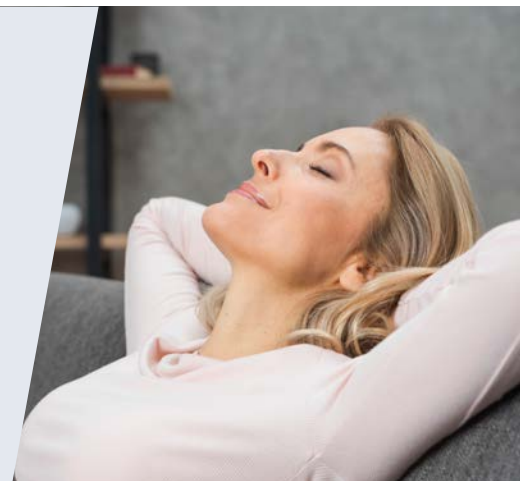
Holistic Healing Series / Alternative Therapies / Hypnotherapy

Wednesday, March 20, 2019, 6:30–8 pm

Kristine Stewart, a member of the International Medical and Dental Hypnotherapy Association will introduce us to the benefits of hypnotherapy and answer questions via video conferencing.

Refreshments will be served.

Location: Burn Fund Centre. Members who cannot attend in person are invited to join via video or phone conferencing. burnfund.org



Mediterranean Mingle: An Exploration of Regional Flavors

Saturday, March 2, 2019, 9:30 am–1:00 pm



THE DIRTY APRON

David Robertson, Chef, best-selling Author and Teacher has generously offered to once again host the Future Is Mine members to a morning of cooking and celebration!

Join us for a mouthwatering class that evokes the feeling of fresh sea air and warmer climes as we explore Mediterranean cuisine and the cultures that influence its flavours. The class begins with a light and refreshing course: Lemon Cilantro Grilled Squid and Prawn Salad with Charred Tomato and Avocado. The class continues with Pan Seared Halloumi Cheese with Orange and Pomegranate Reduction, Caramelized Fennel, and Toasted Pita. Finally, craft a Cumin and Coriander Grilled Lamb Loin with Grilled Ratbread, Babaganoush, and Tahini Vinaigrette. To complete your culinary adventure, sit back, relax and dream of crystal blue waters while the Dirty Apron team pampers you with our indulgent homemade dessert.

Many thanks to the Dirty Apron for their generous and ongoing support of the Future is Mine program.

RSVP is a required and first-time attendees will be given priority.

I've heard the Halloumi cheese is out of this world :)

Location: The Dirty Apron, 540 Beatty St, Vancouver, dirtyapron.com

APRIL



Photography 101

Sunday, April 7, 2019, 2–4 pm

Facilitated by our fabulous burn camp photographers this workshop will cover the basics of taking a good photo. Ray Rogers is a retired District of North Vancouver Firefighter and Dale Truscott is a Port Coquitlam Firefighter. Following the discussion, we will explore a location in Vancouver to practice our new photography tips. We will create a digital photo album to showcase on our website and Facebook page. No experience needed. You can bring any kind of camera including the wonderful cameras we have on our cell phones.

Location: Burn Fund Centre

Peer to Peer Support Group

Wednesday, April 17, 2019, 6:30–8 pm

An opportunity for survivors to share and receive support and encouragement from other survivors. In a safe environment these sessions provide the opportunity for survivors to share their unique journey as well as issues common to all survivors. Through sharing and discussions survivors empower each other to continue their healing from a burn injury.

Refreshments will be served.

Location: Burn Fund Centre. Members who cannot attend in person are invited to join via video or phone conferencing. burnfund.org



Applications for 2019 Bursaries

Each year, bursaries are presented to burn survivors from British Columbia who are continuing their post-secondary education.

- Oswald Howell Memorial Bursary (\$1,000)
- Dr. Charles Snelling Bursary (\$500)
- Captain Alex Blake Memorial Bursary (\$500)
- Owen Cantlie Bursary (\$500)
- Kris Biggs Memorial & Leadership Bursaries (\$750 and \$1000)

Criteria posted on the Burn Fund web link in addition to being sent to all members of the adult burn community and posted on Facebook– The Future Is Mine – Adult Burn Community. Deadline – April 30, 2019.

See burnfund.org for more details

MAY



Craft Spirits Tour And Tasting: at Sons of Vancouver Distillery

Wednesday, May 1, 2019, 7–9 pm



Once again host James Lester, survivor and owner welcomes us to tour the Sons of Vancouver Distillery. The tour and discussion with James will be followed by Hand-crafted cocktails, charcuterie and cheese platters.

Maximum number of attendees: 15

Many thanks to James Lester and the Sons of Vancouver Distillery for their generous and ongoing support of the Future is Mine program.
RSVP now to secure your spot!

Location: 1431 Crown Street, North Vancouver

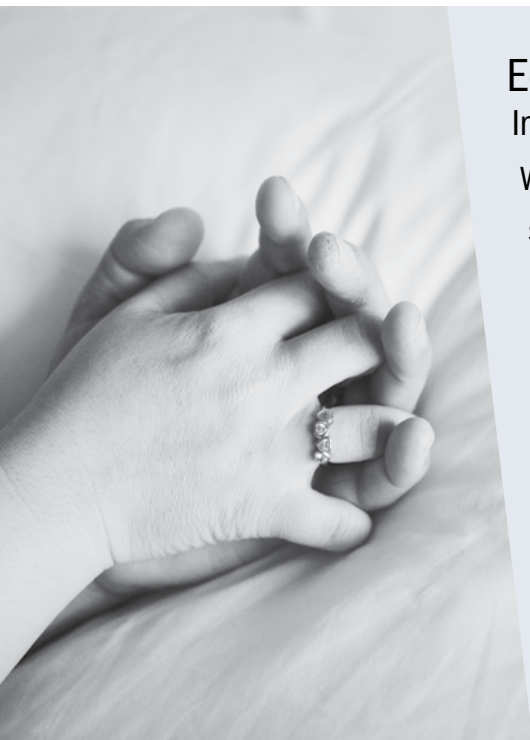
sonsofvancouver.ca/distillery

12th Annual Brenna Innes Memorial Soccer Tournament

Saturday, May 11, 2019

Join us for the 12th Annual Soccer Tournament to celebrate the life of Brenna Innes whose life was taken in a house fire. Co-ed, recreational 7-side tournament held at UBC Thunderbird Stadium. NO soccer experience required! FIM team players are provided FIM t-shirts. Spectators and cheerleaders are also welcomed. Proceeds go to the BC Burn Fund!

Please support the FIM Team by your donation found at:
facebook.com/BrennaInnesMemorialSoccerTournament



Educational Support Group: Intimacy and Relationships After A Burn Injury

Wednesday, May 22, 2019, 6:30–8 pm

Speaker Amy Color is a Relationship & intimacy Coach, certified therapist, TEDx speaker, international trainer and clinical supervisor.

Amy has created the alternative to traditional talk therapy that brings real solutions for real intimacy. She has helped thousands of people in various stages of life, and relationships as well as mental and physical abilities, to feel accepted, secure and reconnected with their own body. Having an intimate connection is healing. Having the 3 Keys to get there is priceless.

“Amy knows her stuff! She is an approachable but sensitive speaker who tells it like it is.”

Please send your RSVP so we can prepare refreshments.

Location: Burn Fund Centre. Members who cannot attend in person are invited to join via video or phone conferencing. burnfund.org