



SCI-AB | February 2026 Peer Newsletter

Our General Peer Chat is Back!

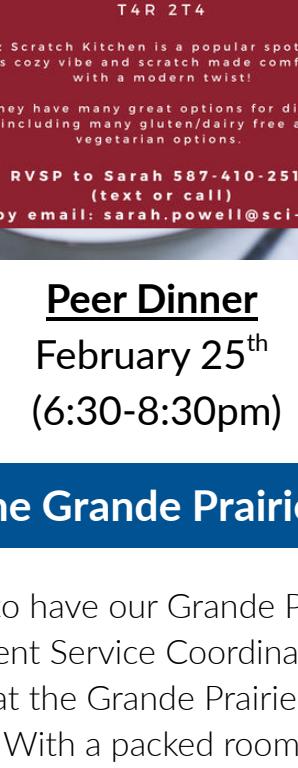
We will be starting up some new virtual peer chat options. These will take place on the 2nd Wednesday of each month from noon-1pm. There will also be an evening chat coming soon! Ladies chats will now only be once a month on the last Tuesday of each month from noon-1pm. Sign up to the mailing list with the link to join and reminders sent the day before.

Update your mailing preferences here: <https://sci-ab.ca/keep-in-the-know/>

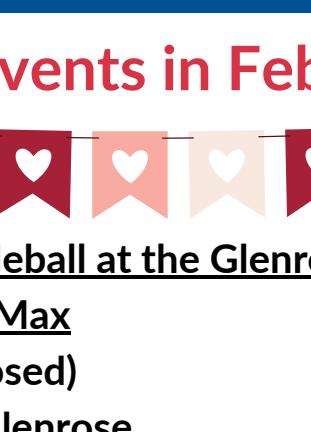
SIGN UP FOR THE MONTHLY SCI-AB PEER NEWSLETTER TODAY!

Subscribe to our monthly peer newsletter by scanning the QR code below or by visiting:

<https://sci-ab.ca/keep-in-the-know/>

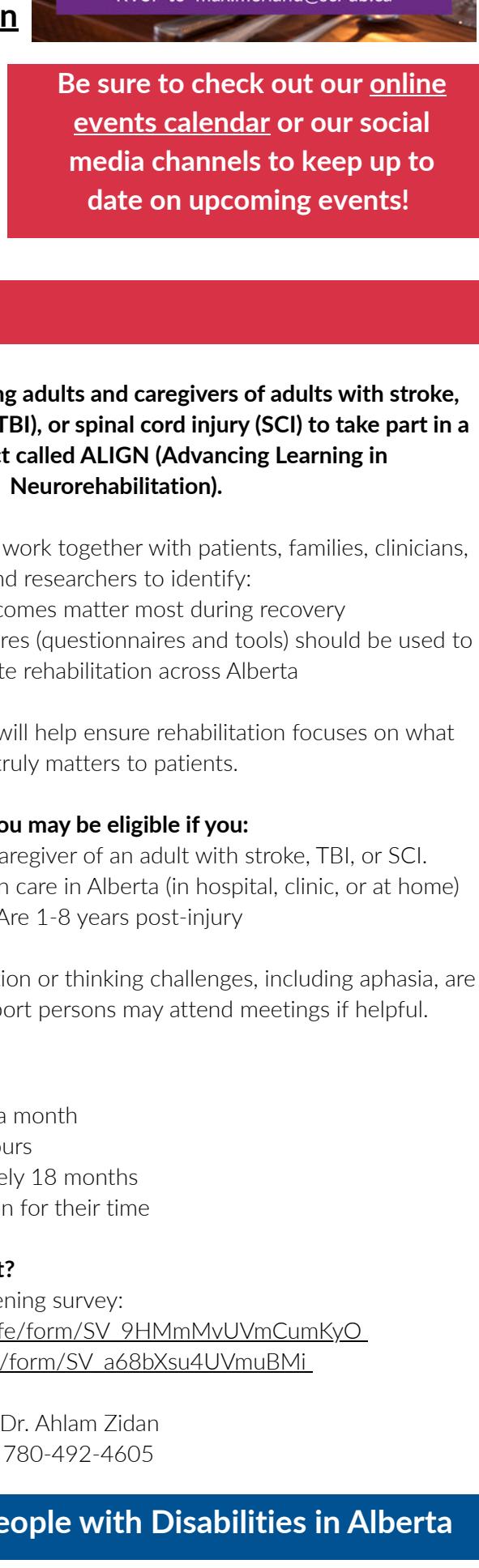


Check out past editions: <https://sci-ab.ca/peeriodicals/>



Red Deer Reapers Wheelchair Rugby Try It Event

The Red Deer Reapers welcomed Central Albertans to the Penhold Multiplex on Saturday, Jan. 17, for a "Have A Go" wheelchair rugby event. The open house allowed residents to meet experienced athletes and try the fast-paced sport themselves, with participants of all abilities encouraged to join in.



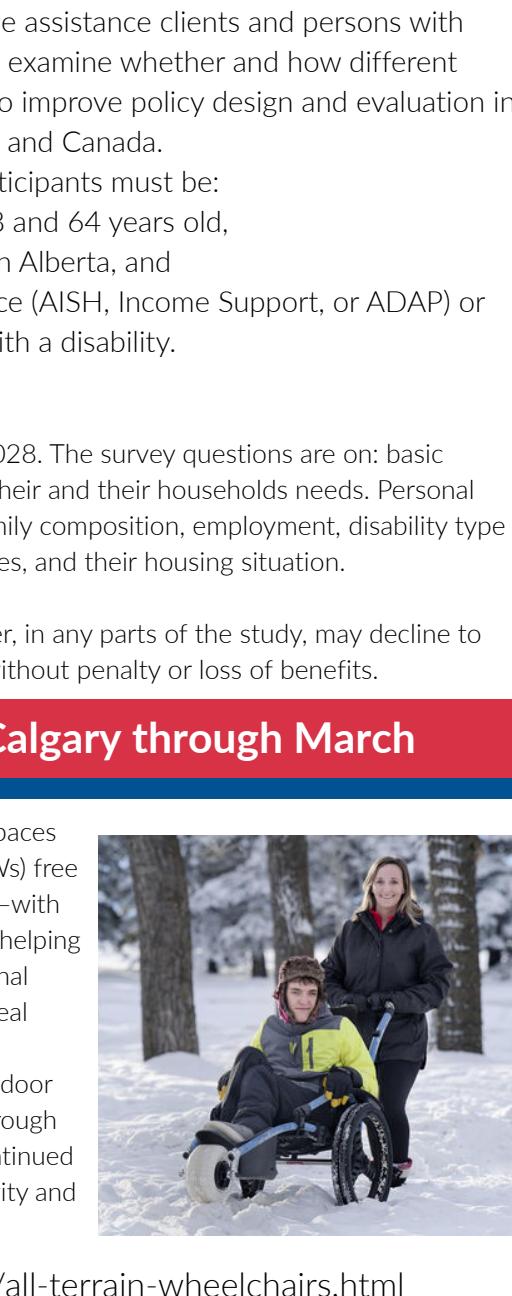
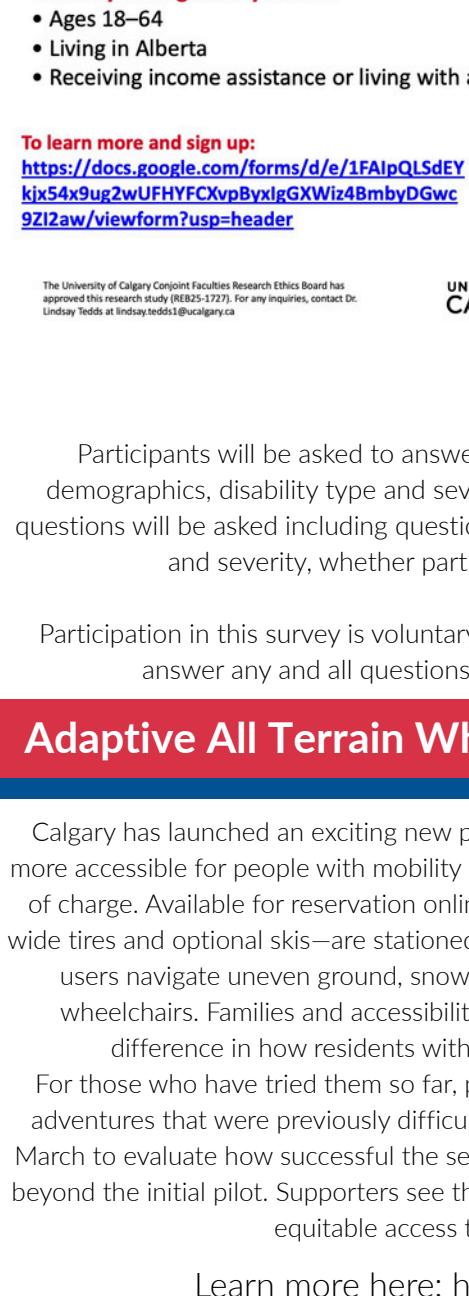
Players from Red Deer, Edmonton, and Calgary were mixed into teams, giving newcomers a chance to experience real gameplay. Wheelchair rugby was created by five Canadians in 1976 and is now played in more than 25 countries, including at the Paralympic Games.

Founded in 2022, the Red Deer Reapers continue to grow and attract new players. The team practices every Wednesday from 6:30 to 8:30 p.m. at the Penhold Multiplex. More information can be found on the Red Deer Reapers' Facebook and Instagram pages.

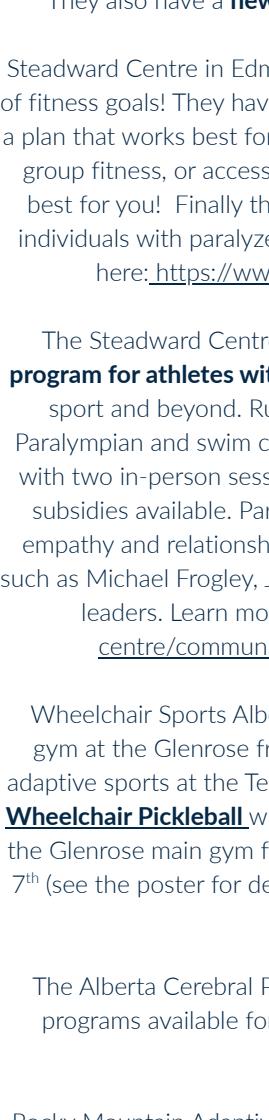
Facebook: <https://www.facebook.com/p/Red-Deer-Reapers-100090330095450/>

Instagram: <https://www.instagram.com/reddeerreapers/>

Central Alberta Spotlight | Upcoming Red Deer Peer Events



Who is SCI-AB Presentation at the Grande Prairie Regional Hospital



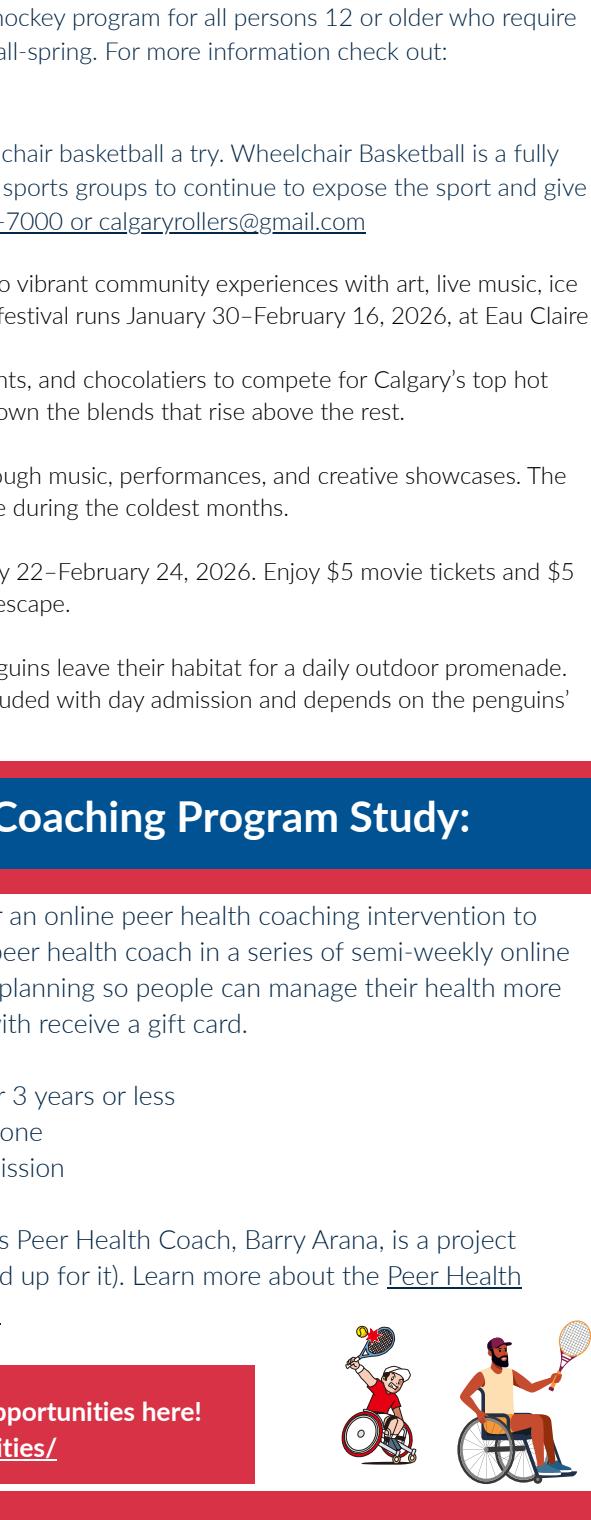
SCI-AB was excited to have our Grande Prairie and Northwest Region Client Service Coordinator, Mercy, give a presentation at the Grande Prairie Regional Hospital on Monday. With a packed room of Physio and Occupational Therapists, Mercy provided information on how SCI-AB can support patients with transitional and ongoing community support. Thank you GPRH for inviting us into your space.



SCI-AB February 2026 Events:

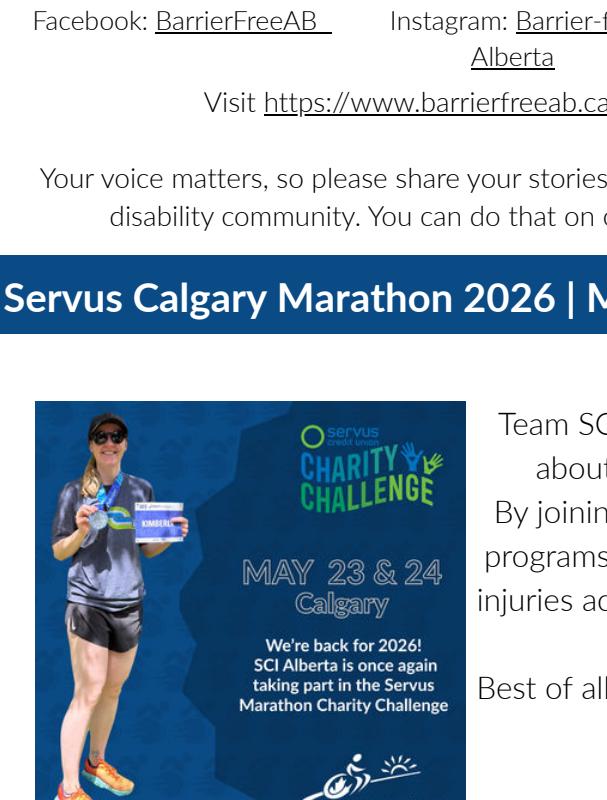
Upcoming SCI-AB Events in February :

- Feb 4/11/25: Wheelchair Pickleball at the Glenrose**
- Feb 11: Virtual Peer Chat with Max**
- Feb 16: Family Day (Offices Closed)**
- Feb 17: Coffee + Peers at the Glenrose**
- Feb 17: Red Deer Coffee Chat**
- Feb 19: YYC Peer Dinner**
- Feb 19: YEG Peer Dinner at Buco**
- Feb 24: Virtual Ladies Peer Chat**
- Feb 25: Red Deer Peer Dinner at Redz Scratch Kitchen**
- Feb 26: Pizza + Peers at the Glenrose**



Be sure to check out our online events calendar or our social media channels to keep up to date on upcoming events!

Research Study Looking for Participants



Researchers are inviting adults and caregivers of adults with stroke, traumatic brain injury (TBI), or spinal cord injury (SCI) to take part in a research project called ALIGN (Advancing Learning in Neurorehabilitation).

The goal of ALIGN is to work together with patients, families, clinicians, and researchers to identify:

- What outcomes matter most during recovery
- Which outcome measures (questionnaires and tools) should be used to evaluate rehabilitation across Alberta

Your lived experience will help ensure rehabilitation focuses on what truly matters to patients.

You may be eligible if you:

- Are an adult or a caregiver of an adult with stroke, TBI, or SCI
- Received rehabilitation care in Alberta (in hospital, clinic, or at home)
- Are 1-8 years post-injury

People with communication or thinking challenges, including aphasia, are very welcome. Support persons may attend meetings if helpful.

What is involved?

- Online group meetings once a month
- Meetings last about 2 hours
- The group will meet for approximately 18 months
- Participants will receive compensation for their time

How to express interest?

- To apply, please complete the screening survey:
 - Aphasia-friendly survey: https://ualbertauaw.qualtrics.com/jfe/form/SV_9HMmMvUVmCumKyO
 - Standard survey: https://ualbertauaw.qualtrics.com/jfe/form/SV_a68bXsU4UVmuJ0Mi

Questions or support, please contact: Dr. Ahlam Zidan Email: ahlamabd@ualberta.ca Phone: 780-492-4605

