

March is Brain Injury Awareness Month!

Opportunity Project invites you to participate in our annual awareness and fundraising campaign. Funds raised go towards brain injury programs and services including vocational support, mental health and wellness services, occupational therapy, speech-language pathology and social work for individuals with brain injuries.



Did you know?

- Over 5 million Americans are living with a permanent brain injury-related disability.
- A brain injury can have lasting effects on a person's physical, emotional, or behavioral state, including impaired memory, coordination, vision, hearing and emotional functioning.
- A brain injury can be caused by trauma, illness, or occur at birth. There are two main types of brain injury: traumatic and non-traumatic:
 - Traumatic brain injury is caused by an external force including motor vehicle accidents, falls and recreational/sports activities, e.g., concussion.
 - Non-traumatic brain injury is caused by internal factors, e.g., stroke or tumor.
- **Restaurant Week in collaboration with Explore Millburn-Short Hills - March 24-30:** This initiative serves to identify potential vocational and community integration opportunities for OP Members. View the listing of restaurants who are supporting Opportunity Project at www.exploremillburnshorthills.org and www.opportunityproject.org. **Look for an OP donation box at various establishments and visit the OP pop-up stand for a FREE hot chocolate on March 26 at 11am in downtown Millburn.**
- **OP's Got Talent Show - March 14 at 1-2pm:** Members will show off their unique talents at our much-anticipated Talent Hour and you can vote for your favorites! Hosted by our very own - Eddie Plata, Executive Director of Opportunity Project. Join in-person or via Zoom for great entertainment and prizes!
- **Community Coffee Break in partnership with the Millburn-Short Hills Chamber of Commerce - March 28 at 8:30-10am:** Join us for coffee, light breakfast bites, good conversation and door prizes at this networking event at the OP Clubhouse. Wear green in support of brain injury prevention!
- **Jersey Mike's Brain Injury Awareness Week - April 1-6:** Get a **FREE SUB** when you present your OP promotion card and make a \$3 donation at Jersey Mikes in Florham Park, Union and Hoboken, NJ.
- **Host a Blue Jean/Green Day or any Fundraiser of your choice:** Designate a day for your employees or group to get casual for the cause, or host any fundraiser you choose. All will be entered for a chance to win great raffle prizes! The OP Speakers Bureau can join to speak about brain injury prevention and share their experiences.

For questions, contact Julie at 973-921-1000 x 105 or email jlondon@opportunityproject.org