



Sarah Bellum's

BAKERY &
WORKSHOP



Made with love by folks with acquired brain injury.

Our bakers create delicious, hand-crafted treats with organic ingredients and share them with the community.

Sarah Bellum's Bakery & Workshop is a not-for-profit, social enterprise bakery that supports adults with acquired brain injury (ABI), helping them return to work, play, and life by baking delicious, hand-crafted cupcakes.

Our bakers prepare, bake, and decorate treats in the bakery workshop, developing job-ready skills. Bringing their wares to the Farmers Market, they learn communication skills in a functional setting. Our bakers also work with students in Pacific University's speech-language pathology program under the guidance of Sarah Bellum founder Dr. Rik Lemoncello.



What is acquired brain injury?

An acquired brain injury (ABI) is a non-progressive injury that affects the brain's functioning, such as a traumatic brain injury (TBI), stroke, or brain infection. An ABI is different from developmental conditions like Down Syndrome because the person is not born with a brain injury, and from degenerative brain diseases like Alzheimer's because the symptoms of an ABI typically improve over time.

How does a brain injury affect return to work?

An ABI can affect a person in many ways; no two brain injuries are the same! People with ABI may have difficulty seeing, hearing, balancing, moving, concentrating, organizing, communicating, and solving problems. Some experience fatigue, low energy, and even paralysis. Any of these symptoms can affect a person's ability to work. In addition, the injury is often "invisible," so it can be difficult for others to understand and support folks with ABI.

How is Sarah Bellum's Bakery & Workshop helping?

Return to work after brain injury is challenging. Research, job coaching, and vocational rehabilitation options are limited, and many employers aren't informed about the condition. Sarah Bellum's Bakery & Workshop provides a safe, supportive opportunity for adults with brain injury to build job skills in a professional kitchen with training focused on building self-confidence, self-regulation, and supportive cognitive-communication skills. Our program also advances education by working with speech-language pathology students on-site.



Delivery service available anywhere in the Portland area. Call or email us for our full menu, schedule, and pricing.

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**BRAIN INJURY
CONNECTIONS**
NORTHWEST

SarahBellumsBakery.org