


# December 2017 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
4	5	6	7 <b>DROP IN 1:00-4:00</b>	8	 <p>Stop by our website! <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
11	12 <b>Holiday Stress Management 1:30-3:00</b>	13	14 <b>DROP IN 1:00-4:00</b>	15	
18	19 <b>Holiday Stress Management 1:30-3:00</b>	20	21 <b>DROP IN 1:00-4:00</b>	22	
25 <b>BIS Closed</b>	26 <b>BIS Closed</b>	27 <b>BIS Closed</b>	28 <b>BIS Closed</b>	29 <b>BIS Closed</b>	



21 Essa Road, Unit #1, Barrie, ON L4N 3K4

**ALL TUESDAY WORKSHOPS REQUIRE PRE-REGISTRATION.**  
**Please Contact Rebecca AT 705-734-2178 ext 222 or**  
**[rswift@braininjuryservices.ca](mailto:rswift@braininjuryservices.ca)**

### **Holiday Stress Management**

- What are the causes of holiday stress?
- What factors do I have control over?

As a group we will review the topics above and discuss issues of concern to come up with strategies to address these concerns.

### **Drop in**

We encourage you to come by for coffee, a chat with others, to play a game of cards, work on the computer or access our resource room. We look forward to seeing you.