


# FEBRUARY 2018 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
			<p style="text-align: center;">1</p> <p style="text-align: center;"><b>DROP IN</b> 1:00-4:00</p>	<p style="text-align: center;">2</p>	
<p style="text-align: center;">5</p>	<p style="text-align: center;">6</p> <p style="text-align: center;"><b>Compensatory Strategies</b> 1:30-3:00 registration required</p>	<p style="text-align: center;">7</p>	<p style="text-align: center;">8</p> <p style="text-align: center;"><b>DROP IN</b> 1:00-4:00</p>	<p style="text-align: center;">9</p>	 <p style="text-align: center;">Visit us on the web at <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
<p style="text-align: center;">12</p>	<p style="text-align: center;">13</p> <p style="text-align: center;"><b>Compensatory Strategies</b> 1:30-3:00 registration required</p>	<p style="text-align: center;">14</p>	<p style="text-align: center;">15</p> <p style="text-align: center;"><b>DROP IN</b> 1:00-4:00</p>	<p style="text-align: center;">16</p>	
<p style="text-align: center;">19</p> <p style="text-align: center;"><b>Family Day</b> <b>BIS Closed</b></p>	<p style="text-align: center;">20</p> <p style="text-align: center;"><b>Compensatory Strategies</b> 1:30-3:00 registration required</p>	<p style="text-align: center;">21</p>	<p style="text-align: center;">22</p> <p style="text-align: center;"><b>DROP IN</b> 1:00-4:00</p>	<p style="text-align: center;">23</p>	
<p style="text-align: center;">26</p>	<p style="text-align: center;">27</p> <p style="text-align: center;"><b>Information About Income Tax</b> 1:30-3:00 registration required</p>	<p style="text-align: center;">28</p>			



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

**ALL TUESDAY WORKSHOPS REQUIRE PRE-REGISTRATION PLEASE CONTACT REBECCA TO REGISTER AT 705-734-2178 ext 222 or [rswift@braininjuryservices.ca](mailto:rswift@braininjuryservices.ca)**

## **WORKSHOPS:**

**Compensatory Strategies:** We will explore strategies that are options to implement in our day to day lives that will assist US with memory issues and organizational skills. Compensatory strategies to be discussed include exploring use of making to do lists to, using a daily journal to schedule appointments, the use of cell phone apps along with many other strategies to deal with coping with our day to day busy lives.

**Drop IN 1:00-400 pm** We encourage you to come by for coffee, chat with others, play a game of cards, work on the computer or access our resource room. Hope to see you there.

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