

JANUARY 2018 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
1 New Year's Day Office Closed	2	3	4 DROP IN 1:00-4:00	5	 <p>Stop by our website! www.braininjuryservices.ca</p>
8	9 Self Esteem 1:30-3:00 registration required	10	11 DROP IN 1:00-4:00	12	
15	16 Self Esteem 1:30-3:00 registration required	17	18 DROP IN 1:00-4:00	19	
22	23 Self Esteem 1:30-3:00 registration required	24	25 DROP IN 1:00-4:00	26	
29	30	31			



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

Self Esteem

Self esteem is about recognizing and accepting who you are. Self-Acknowledgement. This interactive workshop will provide strategies, discussion and feedback to assist you in being more self-confident, to recognize your own strengths and value in all aspects of your life – to promote good physical and mental health.

Drop In

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. Everyone is welcome to attend. Join us every Thursday from 1-4 pm.