


# March 2018 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
			1  <b>DROP IN 1:00-4:00</b>	2	 <p>Visit us on the web at <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
5	6  <b>Anger Management 1:30-3:00 registration required</b>	7	8  <b>DROP IN 1:00-4:00</b>	9	
12	13  <b>Anger Management 1:30-3:00 registration required</b>	14	15  <b>DROP IN 1:00-4:00</b>	16	
19	20  <b>Anger Management 1:30-3:00 registration required</b>	21	22  <b>DROP IN 1:00-4:00</b>	23	
26	27	28	29  <b>DROP IN 1:00-4:00</b>	30  <b>Good Friday Office Closed</b>	



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:**

**Anger Management:** Chill out! Anger is a completely normal human emotion. However, when it gets out of control it becomes destructive and can lead to many problems. Join us this month to discuss the signs, triggers and emotions of anger. Explore several different strategies to keep anger at bay.

**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.