


May 2018- Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
	1	2	3 DROP IN 1:00-4:00	4	 <p style="text-align: center;">Stop by our website! www.braininjuryservices.ca</p>
7	8 Boundaries 1:30-3:00 Registration Required	9	10 DROP IN 1:00-4:00	11	
14	15 Boundaries 1:30-3:00 Registration Required	16	17 DROP IN 1:00-4:00	18	
21 Victoria Day Office Closed	22 Boundaries 1:30-3:00 Registration Required	23	24 DROP IN 1:00-4:00	25	
28	29	30	31 DROP IN 1:00-4:00		



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

ALL TUESDAY WORKSHOPS REQUIRE PRE-REGISTRATION PLEASE CONTACT REBECCATO REGISTER AT 705-734-2178 ext 222 or rswift@braininjuryservices.ca

Boundaries

Boundaries are more than the border between two places. Boundaries are yes and no systems that allow us to define who we are, our expectations, our independence and to help make good choices. Do you have effective Boundaries? Is it hard to say No without guilt? Do you feel like others are making choices for you? This interactive workshop will provide you with the strategies to help you make clear and effective boundaries for yourself. If you don't set your own boundaries someone else will.

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.