


# December 2018 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
3	4 Stress Management 1:30-3:00	5	6 DROP IN 1:00-4:00	7	 <p>Stop by our website!  <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
10	11 Stress Management 1:30-3:00	12	13 DROP IN 1:00-4:00	14	
17	18 Stress Management 1:30-3:00	19	20 DROP IN 1:00-4:00	21	
24	25 BIS Closed	26 BIS Closed	27 BIS Closed	28 BIS Closed	
31 BIS Closed	1 BIS Closed				

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

**Stress Management**

- What are the causes of 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.