


JANUARY 2019 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
BIS Office Closed	1 New Year's Day Office Closed	2	3 DROP IN 1:00-4:00	4	 <p>Stop by our website! www.braininjuryservices.ca</p>
7	8 Self Care 1:30-3:00 registration required	9	10 DROP IN 1:00-4:00	11	
14	15 Self Care 1:30-3:00 registration required	16	17 DROP IN 1:00-4:00	18	
21	22 Self Care 1:30-3:00 registration required	23	24 DROP IN 1:00-4:00	25	
28	29 Guest Speaker Tai Chi Presentation	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 REBECCA TO REGISTER AT 705-734-2178 ext 222 or rswift@braininjuryservices.ca

Self Care

Life can be so busy and it can sometimes be difficult to take time for ourselves. This workshop will help to explore and learn the importance of self care through various techniques including breathing, mindfulness, and meditation. What does being mindful mean to you?

Tai Chi

A special guest speaker from Taoist Tai Chi Barrie will be in on *January 29th at 1:30pm* to provide a demonstration of Tai Chi and explain how it can improve your overall 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.