


FEBRUARY 2019 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
				1	 <p data-bbox="1606 836 2016 901">Visit us on the web at www.braininjuryservices.ca</p>
4	5 Moods and Emotions 1:30-3:00 registration required	6	7 DROP IN 1:00-4:00	8	
11	12 Moods and Emotions 1:30-3:00 registration required	13	14 DROP IN 1:00-4:00	15	
18 Family Day BIS Closed	19 Moods and Emotions 1:30-3:00 registration required	20	21 DROP IN 1:00-4:00	22	
25	26 Information About Income Tax 1:30-3:00 registration required	27	28		



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

WORKSHOPS:

Moods and Emotions:

Our Emotions and our Moods can affect what we do, how we act and how we react. What we do affects our emotions and our moods. Are you at the mercy of your emotions? Does your mood reduce your ability to enjoy and positively interpret your life interactions? This interactive workshop will help you identify how your emotions and moods are positively and negatively affecting you and strategies to help you take control of your emotions and positively improve your mood.

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.