

March 2019 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
				1	 <p data-bbox="1623 1008 2001 1068">Visit us on the web at www.braininjuryservices.ca</p>
4	5 Energy Conservation 1:30-3:00 registration required	6	7 DROP IN 1:00-4:00	8	
11	12 Energy Conservation 1:30-3:00 registration required	13	14 DROP IN 1:00-4:00	15	
18	19 Energy Conservation 1:30-3:00 registration required	20	21 DROP IN 1:00-4:00	22	
25	26	27	28 DROP IN 1:00-4:00	29	



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:

Energy Conservation:

Participating in too many activities in one day may cause an onset of symptoms related to your brain injury. This workshop will assist in creating new strategies to track your activity level throughout a day. Throughout this workshop you will become more aware of yourself and learn how to pace to conserve energy.

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.

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