

April 2019 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
1	2 Productive Leisure Time 1:30-3:00 registration required	3	4 Drop In 1:00 – 4:00	5	<div data-bbox="1696 505 2003 862" data-label="Image"> </div> <p data-bbox="1625 1024 1997 1089" style="text-align: center;">Visit us on the web at www.braininjuryservices.ca</p>
8	9 Productive Leisure Time 1:30-3:00 registration required	10	11 DROP IN 1:00-4:00	12	
15	16 Productive Leisure Time 1:30-3:00 registration required	17	18 DROP IN 1:00-4:00	19	
22	23 Cannabis Education Workshop 1:30-3:00 registration required	24	25 DROP IN 1:00-4:00	26	
29	30				



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:

Productive Leisure Time:

We will investigate a well balanced lifestyle that incorporates productive leisure time use, everyday chores and responsibility while balancing emotional wellness.

We will review the vital role that leisure activities play in helping reduce the daily stressors that individuals may encounter through daily life and/or the rehab process.

Cannabis Education Workshop:

Join us and our guest Speaker from the Simcoe Muskoka District Health Unit for a candid discussion about cannabis use.

Drop In 1:00-400 pm We encourage you to come by for coffee, meet with peers, work on the computer or access our resource room. Hope to see you there.