

# September 2019- Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
<b>2</b> <b>Labour Day</b> <b>BIS Closed</b>	<b>3</b>	<b>4</b>	<b>5</b> <b>DROP IN</b> <b>1:00-4:00</b>	<b>6</b>	 <p>Stop by our website!  <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
<b>9</b>	<b>10</b> <b>Boundaries</b> <b>1:30 – 3:00</b> <b>Registration Required</b>	<b>11</b>	<b>12</b> <b>DROP IN</b> <b>1:00-4:00</b>	<b>13</b>	
<b>16</b>	<b>17</b> <b>Boundaries</b> <b>1:30 – 3:00</b> <b>Registration Required</b>	<b>18</b>	<b>19</b> <b>DROP IN</b> <b>1:00-4:00</b>	<b>20</b>	
<b>23</b>	<b>24</b> <b>Boundaries</b> <b>1:30 – 3:00</b> <b>Registration Required</b>	<b>25</b>	<b>26</b> <b>DROP IN</b> <b>1:00-4:00</b>	<b>27</b>	
<b>30</b>					



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](mailto:rswift@braininjuryservices.ca)**

**Boundaries:** Boundaries are more than the border between two places. Boundaries are yes and no systems that allow us to define who we are, our expectations, our independence and to help make good choices. Do you have effective Boundaries? Is it hard to say No without guilt? Do you feel like others are making choices for you? This interactive workshop will provide you with the strategies to help you make clear and effective boundaries for yourself.

***If you don't set your own boundaries someone else will.***

**Drop In:** 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.