


October 2019 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
	1	2	3 DROP IN 1:00-4:00	4	 <p>Stop by our website! www.braininjuryservices.ca</p>
7	8 Managing Emotions 1:30-3:00 <i>registration required</i>	9	10 DROP IN 1:00-4:00	11	
14 Happy Thanksgiving! BIS is Closed	15 Managing Emotions 1:30-3:00 <i>registration required</i>	16	17 DROP IN 1:00-4:00	18	
21	22 Managing Emotions 1:30-3:00 <i>registration required</i>	23	24 DROP IN 1:00-4:00	25	
28	29	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

Managing Emotions

This month we will be exploring strategies to help with impulsive decision making, healthy choices and positive emotional strategies to apply in day to day situations.

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.