


February 2020 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
3	4 Beating the Winter Blues 1:30-3:00	5	6 DROP IN 1:00-4:00	7	<p data-bbox="1570 423 1965 524">Please do not arrive at BIS more than 5-10 minutes before program start.</p> 
10	11 Beating the Winter Blues 1:30-3:00	12	13 DROP IN 1:00-4:00	14	
17	18 Beating the Winter Blues 1:30-3:00	19	20 DROP IN 1:00-4:00	21	
24	25	26	27 DROP IN 1:00-4:00	28	



21 Essa Road, Unit #1, Barrie, ON L4N 3K4

ALL TUESDAY WORKSHOPS REQUIRE PRE-REGISTRATION.
Please Contact Rebecca At 705-734-2178 ext 222 or
rswift@braininjuryservices.ca

Beating the Winter Blues

It's the time of year when many people notice a shift in their energy and their mood. Come and join us for tips and strategies to boost your energy, mood and outlook when the temperature is cold and the sunshine can be scarce.

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.

