


March 2020 – Barrie Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
2	3 Leisure Opportunities 1:30-3:00	4	5 DROP IN 1:00-4:00	6	<p>Please do not arrive at BIS more than 5-10 minutes before program start.</p>  <p>Stop by our website! www.braininjuryservices.ca</p>
9	10 Leisure Opportunities 1:30-3:00	11	12 DROP IN 1:00-4:00	13	
16	17 Leisure Opportunities 1:30-3:00	18	19 DROP IN 1:00-4:00	20	
23	24 Income Tax Info Session 1:30-3:00	25	26 DROP IN 1:00-4:00	27	
30	31 Guest Speaker from Public Health "Smoke Free" 1:30				



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

Leisure Opportunities In Your Community

How do you use your free time? How do you use recreation and leisure in your community to support your mental, physical, and emotional well-being? Throughout this workshop we will explore what leisure means to you, what your leisure values are, and what leisure opportunities are available in your community.

Smoke Free Workshop

Join us to learn strategies to decrease or quit smoking and receive information about vaping.

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.