

# May 2020 – Virtual Programs –Join Us Via Zoom!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
				1	 <p><b>**NOTE**</b></p> <p>Please do not join programs more than 5 minutes before program start time.</p> <p>If you would like to register for ZOOM online groups or would like more information please email <a href="mailto:rswift@braininjuryservices.ca">rswift@braininjuryservices.ca</a></p> <p>Stop by our website! <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
4 Journey to Self-Exploration 11:00 AM	5 Routine and Structure 1:30 PM	6	7 Online Peer Support 10:30 AM	8 Mindfulness Meditation 11:00 AM	
11 Journey to Self-Exploration 11:00 AM	12 Pacing 1:30 PM	13	14 Brain Power Exercises 1:30 PM	15 Mindfulness Meditation 11:00 AM	
18 Victoria Day BIS Closed	19 Stress Management 1:30 PM	20	21 Online Peer Support 10:30 AM	22 Mindfulness Meditation 11:00 AM	
25 Journey to Self-Exploration 11:00 AM	26 Managing Emotions 1:30 PM	27	28 Brain Power Exercises 1:30 PM	29 Mindfulness Meditation 11:00 AM	

# **WORKSHOPS**

## **Journey to Self-Exploration:**

A look at who you are, where you're at and where you'd like to be.

## **Routine and Structure:**

Strategies to organize your days and motivate you to be productive and goal focused

## **Pacing:**

Discuss and share strategies you use throughout your day to manage and monitor your symptoms related to your ABI. Throughout this workshop you will become more aware of yourself and learn how to pace to conserve energy.

## **Stress Management:**

Strategies to manage stress in everyday life and in these current times

## **Managing Emotions:**

Strategies to recognize and manage everyday emotions such as anger and anxiety

## **Online Peer Support:**

Share your experiences and strategies with others; what have you missed, what have you enjoyed and what have you decided to do differently in the future?

## **Brain Power Exercises:**

Discuss current events and participate in logic games and puzzles for a brain workout

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