

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
1	2 Coping Strategies 1:30 PM	3	4 Brain Power Exercises 1:30 PM	5	 <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>
8 Falls Prevention 11:00 AM	9 Self Care 1:30 PM	10	11 Online Peer Support 1:30 PM	12	
15	16 Covid 19 Fraud & Scams – Information 1:30 PM	17	18 Brain Power Exercises 1:30 PM	19	
22 Finding the Meaning in the Mundane 11:00 AM	23 Personal Fitness 1:30 PM	24	25 Summer Safety Jeopardy 1:30 PM	26	
29	30 Strategies for Motivation 1:30 PM	<p><b>*Please see next page for description of each group*</b></p>			

# **WORKSHOPS**

## **Coping Strategies:**

The importance of maintaining structure, routine and social connections and strategies for organizational challenges.

## **Brain Power Exercises:**

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

## **Falls Prevention:**

Learn to correct every day hazards for fall prevention

## **Self Care:**

Strategies to help you look after yourself

## **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?

## **Frauds and Scams:**

This will be an interactive ZOOM meeting on how to protect yourself from Fraud and Scams; we will discuss the latest known COVID-19 Scams

## **Finding Meaning in The Mundane:**

The hum drum of daily repetition can make it easy to slip into the lull of autopilot, become aware of today's possibilities

## **Personal Fitness:**

Fun options to promote increased fitness around your home

## **Summer Safety:**

Identifying Summer hazards and ways to stay safe

## **Strategies for Motivation:**

Identifying the difference between planned pacing and procrastination and strategies to help you move forward.