


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
		<b>1</b>  <b>Canada Day BIS Closed</b>	<b>2</b>  <b>ABI Peer Support 1:30 PM</b>	<b>3</b>	 <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>
<b>6</b>  <b>Peer Support / Social 10:00 AM</b>	<b>7</b>  <b>Living in the New Normal 1:30 PM</b>	<b>8</b>	<b>9</b>  <b>Brain Power Exercises 1:30 PM</b>	<b>10</b>	
<b>13</b>  <b>Food and Nutrition 10:00 AM</b>	<b>14</b>  <b>Family Relationships and Coping 1:30 PM</b>	<b>15</b>	<b>16</b>  <b>Home and Community Resources Scavenger Hunt 1:30 PM</b>	<b>17</b>	
<b>20</b>  <b>Baggage Activity 10:00 AM</b>	<b>21</b>  <b>Goal Setting – Getting Back on Track 1:30 PM</b>	<b>22</b>	<b>23</b>  <b>Home and Community Resources Scavenger Hunt 1:30 PM</b>	<b>24</b>	
<b>27</b>  <b>Olympic History and Games 10:00 AM</b>	<b>28</b>  <b>Fighting the Covid-19 Blues 1:30 PM</b>	<b>29</b>	<b>30</b>  <b>ABI Jeopardy 1:30 PM</b>	<b>31</b>	

## **WORKSHOPS**

<b><u>ABI Peer Support:</u></b>	We will discuss common problems after an ABI and share solutions to help you cope
<b><u>Peer Support Social:</u></b>	Meet some new people in a non-judgmental space
<b><u>Living in the New Normal:</u></b>	Learn strategies and tools to help you navigate the new normal
<b><u>Brain Power:</u></b>	Discuss current events and participate in logic games and puzzles for a brain workout
<b><u>Food and Nutrition:</u></b>	Learn about food, nutrition and disease fighting foods
<b><u>Family Relationships:</u></b>	Building on to the positives of a good relationship and discussing strategies to avoid conflict and focus on finding common ground and common interests.
<b><u>Home and Community Scavenger Hunt:</u></b>	In your House and Around town - Activate your brain and sense of adventure to solve clues about the things and places you see everyday or have to locate /identify within the week.
<b><u>Baggage Activity:</u></b>	This activity allows participants to share some struggles and emotional baggage with peers in a safe supportive environment.
<b><u>Getting Back on Track:</u></b>	If you've been letting your goals and healthier choices slide, now is a good time to reflect on your current status and evaluate where you can make some changes
<b><u>Olympic History &amp; Games:</u></b>	Join us to learn some Olympic history followed by a fun Olympic-themed Jeopardy game!
<b><u>Fighting the Covid-19 Blues:</u></b>	Discuss strategies and activities to bring enjoyment and fulfillment into your life
<b><u>ABI Jeopardy:</u></b>	We've got answers about ABI – you tell us the questions!