

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
3  <b>Civic Holiday BIS Closed</b>	4  <b>Boundaries 1:30</b>	5  <b>Meditation 2:30-3:00 PM</b>	6  <b>Brain Power Exercises 1:30</b>	7	 <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>
10  <b>Meditation 2:30-3:00 PM</b>	11  <b>Boundaries 1:30</b>	12  <b>Meditation 2:30-3:00 PM</b>	13  <b>Peer Support (Leisure &amp; Recreation) 1:30</b>	14	
17  <b>Meditation 2:30-3:00 PM</b>	18  <b>Communication 1:30</b>	19  <b>Meditation 2:30-3:00 PM</b>	20  <b>Brain Power Exercises – The Wrong Game 1:30</b>	21	
24  <b>Meditation 2:30-3:00 PM</b>	25  <b>Managing Moods &amp; Emotions 1:30</b>	26  <b>Meditation 2:30-3:00 PM</b>	27  <b>Budgeting 1:30</b>	28	
31  <b>Meditation 2:30-3:00 PM</b>					

## WORKSHOPS

<b><u>Boundaries:</u></b>	Join us for 2 Zoom session to help you identify and implement strategies to help you make clear and effective boundaries for yourself. If you don't set your own boundaries someone else will.
<b><u>Brain Power Exercises:</u></b>	Discuss current events and participate in logic games and puzzles for a brain workout
<b><u>Peer Support – Leisure and Recreation:</u></b>	Join us to discuss leisure interests and how to adapt leisure and recreation activities in todays new way of living!
<b><u>Communication:</u></b>	Using positive communication for verbal and non verbal interactions
<b><u>Brain Power Exercises The Wrong Game:</u></b>	How to win when you get it all wrong. Join us for a challenging brain power where the wrong answer is the only right one
<b><u>Managing Moods and Emotions:</u></b>	This educational will look at strategies to reset our mindset to a better mood when experiencing a tough day.
<b><u>Budgeting:</u></b>	Discuss strategies and money saving tips to help us balance our budget.
<b><u>Meditation:</u></b>	We will start the session with a brief meditation to settle in. We will have a short lesson/discussion and will end with a longer 10 minute meditation.