

September 2020 – Virtual Programs –Join Us Via Zoom!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
	1 Gratitude 1:30	2 Meditation 2:30-3:00 PM	3 Test Your Memory Jeopardy 1:30	4	 <p>**NOTE**</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 rswift@braininjuryservices.ca</p> <p>Stop by our website! www.braininjuryservices.ca</p>
7 Labour Day BIS Closed	8 Goal Setting 1:30	9 Meditation 2:30-3:00 PM	10 Brain Power Exercises 1:30	14	
14 Meditation 2:30-3:00 PM	15 Building Positive Experiences 1:30	16 Meditation 2:30-3:00 PM	17 Peer Support 1:30	21	
21 Meditation 2:30-3:00 PM	22 Balancing Technology and Everyday Life 1:30	23 Meditation 2:30-3:00 PM	24 Brain Power Exercises 1:30	28	
28 Meditation 2:30-3:00 PM	29 Preparing for a Medical Appointment 1:30	30 Meditation 2:30-3:00 PM			

WORKSHOPS

<u>Gratitude:</u>	Join us today to learn strategies to make gratitude a daily practice.
<u>Test Your Memory Jeopardy:</u>	We've got the answers– you tell us the questions. A cognitive exercise to work your memory.
<u>Fall Goal Setting:</u>	As a group we will investigate setting priorities for getting tasks completed while also looking at balancing social/leisure opportunities
<u>Brain Power Exercises:</u>	Participate in logic games and puzzles for a brain workout
<u>Building Positive Experiences:</u>	Explore ways to build and develop plans to build positive experiences
<u>Peer Support:</u>	Meet others with ABI and share supportive strategies learned along your ABI journey
<u>Balancing Technology:</u>	Let's have a look at how to balance our technology use into a healthy lifestyle.
<u>Preparing for a Medical Appointment:</u>	Good doctor-patient communication comes with good planning practices. We're going to provide you with some tips to prepare for your next medical appointment.
<u>Meditation:</u>	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.