


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
<b>2</b>  <b>Meditation</b> <b>3:30-4:00 PM</b>	<b>3</b>  <b>Memory Strategies</b> <b>1:30</b>	<b>4</b>	<b>5</b>  <b>Jeopardy</b> <b>1:30</b>	<b>6</b>	 <p><b><u>**NOTE**</u></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</p> <p><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>9</b>  <b>Meditation</b> <b>3:30-4:00 PM</b>	<b>10</b>  <b>Falls Prevention</b> <b>1:30</b>	<b>11</b>	<b>12</b>  <b>Peer Support</b> <b>1:30</b>	<b>13</b>	
<b>16</b>  <b>Meditation</b> <b>3:30-4:00 PM</b>	<b>17</b>  <b>Distorted Thinking</b> <b>1:30</b>	<b>18</b>	<b>19</b>  <b>Brain Power</b> <b>1:30</b>	<b>20</b>	
<b>23</b>  <b>Meditation</b> <b>3:30-4:00 PM</b>	<b>24</b>  <b>Developing Self Regulation</b> <b>1:30</b>	<b>25</b>	<b>26</b>  <b>Craft Project</b> <b>1:30</b>	<b>27</b>	
<b>30</b>  <b>Meditation</b> <b>3:30-4:00 PM</b>					

## **WORKSHOPS**

<b><u>Memory Strategies:</u></b>	Join us today to share and learn strategies to support your short-term memory
<b><u>Jeopardy:</u></b>	We've got the answers– you tell us the questions. A cognitive exercise to work your memory.
<b><u>Falls Prevention:</u></b>	November is "Falls Prevention" Month. The first step to avoiding falls is to understand what causes them. We will review a fall prevention checklist and will touch on concussion management during this meeting.
<b><u>Peer Support:</u></b>	Meet others with ABI and share supportive strategies learned along your ABI journey
<b><u>Distorted Thinking:</u></b>	What can you do when your brain lies to you. Strategies for identifying and changing distorted thoughts that may be adversely affecting how you interact in the world.
<b><u>Brain Power Exercises:</u></b>	Participate in logic games and puzzles for a brain workout
<b><u>Developing Self-Regulation:</u></b>	Self-regulation involves taking a pause between a feeling and an action—taking the time to think things through. Introducing strategies that can help you manage your behavior, emotions, and thoughts in the pursuit of long-term goals.
<b><u>Craft Project:</u></b>	<p>Join us for a creative workshop to help you get ready for the holidays. We will be making a "Gnome". All materials will be supplied. Registration will be on a first come first serve bases with a maximum of 12 participants. Please sign up early so that we can "porch drop" your supplies</p> <div data-bbox="974 1118 1352 1406" data-label="Image"> </div>