



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
	<b>1</b>  <b>Resiliency</b> <b>1:30</b>	<b>2</b>	<b>3</b>  <b>Card Making</b> <b>Workshop</b> <b>1:30</b>	<b>4</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>7</b>  <b>Meditation</b> <b>3:30-4:00 PM</b>	<b>8</b>  <b>Gratitude</b> <b>1:30</b>	<b>9</b>	<b>10</b>  <b>Peer Support</b> <b>1:30</b>	<b>11</b>	
<b>14</b>  <b>Meditation</b> <b>3:30-4:00 PM</b>	<b>15</b>  <b>Stress</b> <b>Management</b> <b>1:30</b>	<b>16</b>	<b>17</b>  <b>Virtual Holiday</b> <b>Celebration &amp;</b> <b>Family Feud</b> <b>1:30</b>	<b>18</b>	
<b>21</b>  <b>Meditation</b> <b>3:30-4:00 PM</b>	<b>22</b>  <b>Lost and Found:</b> <b>What Survivors</b> <b>Want you to Know</b> <b>1:30</b>	<b>23</b>	<b>24</b>  <b>Jeopardy</b> <b>10:00</b>	<b>25</b>  <b>Christmas Day</b> <b>BIS Closed</b>	
<b>28</b>  <b>BIS Closed</b>	<b>29</b>  <b>BIS Closed</b>	<b>30</b>  <b>BIS Closed</b>	<b>31</b>  <b>BIS Closed</b>		

## WORKSHOPS

<b><u>Resiliency:</u></b>	Join us today to learn about what makes you resilient and how you can cultivate your strengths.
<b><u>Card Making and Gift Tags:</u></b>	We will be making greeting cards and gift tags. You will need to have glue available for this project and BIS will provide all other supplies.
<b><u>Gratitude:</u></b>	Join us today to learn and practice gratitude. We will take time today to reflect on the year and what we can be grateful for.
<b><u>Peer Support:</u></b>	Meet others with ABI and share supportive strategies learned along your ABI journey
<b><u>Stress Management:</u></b>	Discussion and strategies for coping with the stress associated with Holidays and the accompanying changes that COVID has brought.
<b><u>Holiday Celebration:</u></b>	Join us virtually for some Christmas Family Feud Trivia questions and enjoy a goodie bag on us. We will share some warm drinks, treats and stories as we play the game. <b>Let us know by Dec 11 if you are joining us</b> – so we can get the Christmas Goodie Bag to you before Dec 17
<b><u>Lost and Found: What Survivors Want you to Know:</u></b>	This educational session will be an interactive group identifying the struggles encountered with a Brain Injury. We will discuss the frustrations of trying to explain the challenges to family and friends.
<b><u>Jeopardy:</u></b>	We've got the answers – you tell us the questions!