

# March 2021 – Virtual Programs –Join Us Via Zoom!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
1  Meditation 3:30-4:00 PM	2  Boundaries 1:30	3	4  Peer Discussion 1:30	5	 <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>
8  Meditation 3:30-4:00 PM	9  Boundaries 1:30	10	11  Brain Power – BINGO! 1:30 *Please see back of calendar for registration details*	12	
15  Meditation 3:30-4:00 PM	16  Self – Confidence 1:30	17	18  Brain Power ImaginIFF 1:30	19	
22  Meditation 3:30-4:00 PM	23  Coping with Change 1:30	24	25  Card Making 1:30 *Please see back of calendar for registration details*	26	
29  Meditation 3:30-4:00 PM	30  Spring Goal Setting and Leisure 1:30	31			

## WORKSHOPS

<b><u>Boundaries:</u></b>	Setting boundaries can be hard. Boundaries are important but it's not always easy to voice our boundaries. Join us today to discuss setting healthy boundaries for yourself.
<b><u>Peer Discussion:</u></b>	Meet others with ABI and share supportive strategies learned along your ABI journey
<b><u>Brain Power – BINGO!</u></b>	Join us for an afternoon of fun while we play Brain Power Bingo. There will be prizes for the winners. <b>NOTE: Please sign up by March 4th so we can 'porch drop' the materials.</b>
<b><u>Self-Confidence:</u></b>	Self-confidence is important to your health and psychological well-being. Whether you lack confidence in one specific area or you struggle to feel confident about anything, join us to explore some strategies that may help boost your confidence and your overall health.
<b><u>Brain Power- Imaginiff:</u></b>	Get your brain working and join us for a fun game of imagining (guessing) who and what your opponents might be in different situations. You don't have to know – you only have to imagine the most popular response.
<b><u>Coping With Change:</u></b>	An ABI can cause drastic life changes for survivors, their family and friends. We will review the grieving process and discuss coping strategies.
<b><u>Card Making:</u></b>	We will be making greeting cards for Easter and Birthdays. <i>* You will need to have scissors available for this project and BIS will provide all other supplies.*</i> <b>NOTE: Please sign up by March 4th so that we can 'porch drop' all materials for this event.</b>
<b><u>Spring Goal Setting and Leisure:</u></b>	Join us today to discuss goals to support you in participating in activities that you enjoy this Spring!