

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
			1  Brain Trivia 1:30	2  Good Friday BIS Closed	 <p style="text-align: center;"><b>**NOTE**</b></p> <p style="text-align: center;">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:ksulman@braininjuryservices.ca">ksulman@braininjuryservices.ca</a></p> <p style="text-align: center;">Stop by our website! <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
5  Easter Monday	6  Effective Communication 1:30	7	8  Brain Power Exercises 1:30	9	
12  Meditation 3:30-4:00 PM	13  Effective Communication 1:30	14	15  Family Feud 1:30	16	
19  Meditation 3:30-4:00 PM	20  Who Am I? 1:30	21	22  Peer Support 1:30	23	
26  Meditation 3:30-4:00 PM	27  Who Am I? 1:30	28	29  Virtual Paint 1:30 *Please see back of calendar for registration details*	30	

## WORKSHOPS

<b><u>Trivia:</u></b>	Do you know the answer to the trivia questions? Come share your knowledge with others and maybe learn something as well!
<b><u>Effective Communication:</u></b>	These sessions we will review the importance of ensuring both the messages you are sending out and receiving are clear using clarification and other effective communication techniques.
<b><u>Brain Power Exercises:</u></b>	Challenge what you see, what you think and what you know. Join us for some fun and laughter and a chance to activate and create brain pathways.
<b><u>Family Feud:</u></b>	Join us for an interactive game where you try and guess What the Survey says!!!
<b><u>Who Am I?:</u></b>	Exploring the idea of "self concept" – what we think of ourselves, our appearance, thoughts, behaviours and how we perceive ourselves as an individual from our past, our present and in the future.
<b><u>Peer Support:</u></b>	Meet others with ABI and share supportive strategies learned along your ABI journey
<b><u>Virtual Paint:</u></b>	Join us for a step by step lesson to create an artistic masterpiece! Canvas, a brush and paints will be supplied for this workshop by porch drop * <b>NOTE: Please sign up by April 9th so that we can 'porch drop' all materials for this event.</b>