

May 2021 – Virtual Programs –Join Us Via Zoom!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
3 Meditation 3:30-4:00 PM	4 Emotions 1:30	5	6 Healthy Lifestyle Discussion 1:30	7	 <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</p> <p>ksulman@braininjuryservices.ca</p> <p>Stop by our website! www.braininjuryservices.ca</p>
10 Meditation 3:30-4:00 PM	11 Emotions 1:30	12	13 Brain Power BINGO! 1:30 *Please see back of calendar for registration details*	14	
17 Meditation 3:30-4:00 PM	18 Positive Experiences 1:30	19	20 Peer Support 1:30	21	
24 Victoria Day BIS Closed	25 Positive Experiences 1:30	26	27 Brain Power Jeopardy 1:30	28	
31 Meditation 3:30-4:00 PM					

WORKSHOPS

<u>Emotions:</u>	This interactive workshop will help you identify how your emotions and moods are positively and negatively affecting you and strategies to help you take control of your emotions and positively improve your mood.
<u>Healthy Lifestyle:</u>	A discussion and sharing within the group looking at strategies and important components for living a healthy lifestyle
<u>Brain Power – BINGO!</u>	Join us for an afternoon of fun while we play Brain Power Bingo. There will be prizes for the winners. NOTE: Please sign up by May 4th so we can 'porch drop' the materials.
<u>Positive Experiences:</u>	Join us today to become aware of self talk and practice reframing negative thoughts into positive thoughts.
<u>Peer Support:</u>	What's on your mind? Join us on Zoom, meet others with ABI and share supportive strategies learned along your ABI journey
<u>Brain Power – Jeopardy!:</u>	We've got the answers, you tell us the questions! A great way to work your brain and have a few laughs along the way!