

July 2021 – Virtual Programs – Join Us Via Zoom!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
<p>You are always welcome to try a group out without committing to an entire session!</p>			<p>1 STAT HOLIDAY</p>	<p>2</p>	 <p>You must register for sessions every month.</p> <p>To register for ZOOM virtual groups or for more information please call or email Kathy ksulman@braininjuryservices.ca 705-734-2178 ext. 223</p> <p>If you have any trouble logging in, or didn't receive the link, call the office at least 10 minutes prior to the session.</p> <p>(See page 2 for session outlines)</p> <p>www.braininjuryservices.ca</p>
<p>5 Gentle Yoga 2:30 Meditation Drop-In 3:30pm</p>	<p>6 Fraud & Security 1:30</p>	<p>7 Pets R Us 3:00pm</p>	<p>8 Trivia 1:30</p>	<p>9</p>	
<p>12 Gentle Yoga 2:30 Meditation Drop-In 3:30pm</p>	<p>13 Emotional Intelligence 1:30</p>	<p>14</p>	<p>15 Brain Power 1:30</p>	<p>16</p>	
<p>19 Gentle Yoga 2:30 Meditation Drop-In 3:30pm</p>	<p>20 Emotional Intelligence 1:30</p>	<p>21</p>	<p>22 Caption This 1:30</p>	<p>23</p>	
<p>26 Gentle Yoga 2:30 Meditation Drop-In 3:30pm</p>	<p>27 Emotional Intelligence 1:30</p>	<p>28 →→→→ Sign Up for Bingo by July 12th</p>	<p>29 Brain Power BINGO 1:30</p>	<p>30</p>	

WORKSHOPS

Gentle Yoga (Developed specifically for people recovering from ABI)	This gentle seated program will teach you to be confident practicing gentle yoga and meditation. You will have the opportunity to connect with others in a supportive community. All abilities welcome. Supportive chair required.
Pets R Us	Bring your Pets and/or pet stories & photos to share. If you and your pet do tricks, even better.
Meditation Drop-In (30 min session)	Come join us in a facilitator lead meditation session. No experience necessary.
Fraud & Security	Join us to learn more about protecting yourself from Fraud/scams and to discuss internet security.
Trivia	Do you know the answer to the trivia questions? Come share your knowledge with others and maybe learn something as well!
Emotional Resiliency. (July 13, 20 and 27)	Emotional Resiliency - The ability to <i>adapt</i> to stressful situations in our daily life and /or in a major crisis. Please join us for interactive sessions on how to increase your emotional intelligence for greater emotional resiliency.
Brain Power	Challenge what you see, what you think and what you know. Join us for some fun, laughter and a chance to activate and create new “neural” pathways.
Caption This	Its amazing how we can all look at one picture and all have our own interpretations of it! Join us today to have some fun creating captions for various pictures!
Brain Power Bingo	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 <i>JULY 12th</i> so we can ‘porch drop’ the materials.

Revised: June 15, 2021