


August 2021 – Virtual Programs – Join Us Via Zoom!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
2 STAT HOLIDAY	3 Summer Safety 1:30	4	5 Wheel of Fortune 1:30	6	 <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</p> <p>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>
9 Gentle Yoga <u>2:30</u> Meditation Drop-In 3:30pm	10 CBT Cards 1:30	11	12 Chain Reaction 1:30	13	
16 Gentle Yoga <u>2:30</u> Meditation Drop-In 3:30pm	17 SPARK Podcast 1:30	18	19 Jeopardy 1:30	20	
23 Gentle Yoga <u>2:30</u> Meditation Drop-In 3:30pm	24 Fall Goal Setting 1:30	25 Register for Art Project by August 12 th →→→→	26 Art Project 1:30 Class size limited to 10	27	
30 Gentle Yoga <u>2:30</u> Meditation Drop-In 3:30pm	31 Virtual Games 1:30		You are always welcome to try a group out without committing to an entire session!		

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.
Meditation Drop-In	Come join us in a facilitator lead meditation session. No experience necessary.
Summer Safety	The summer is here and that means extreme heat warnings will be in full effect. Join us for an informative session on summer safety tips to help you stay cool and healthy.
Wheel of Fortune	Buy a vowel, Guess a letter, Solve the puzzle. Join us for some laughter and a spin on the classic game.
CBT CARDS	Think/ Act/ Be – Join us and explore different strategies, techniques and practices to help you manage your thoughts, choose your actions and implement mindfulness to stay connected to the moment.
Chain Reaction	One letter leads to a word & one word leads to another. Join us for a fun interactive game to challenge your brain and have some fun.
SPARK podcast	The Spark is a conversation on the Calm app that is used to engage and inspire fresh perspectives. Join us today to listen and discuss the Spark on 'The Power of Hobbies'.
Jeopardy	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!
Fall Goal Setting	
Art Project	Beat the heat this summer by sipping away on refreshing beverages in your own personalized painted glass! We will be painting a scene on a glass using step-by-step method. You will need tape and a cup of water for washing your brushes. Sign up by AUGUST 12 in order to receive supplies in time. Class size limited to 10 participants.
Virtual Games	Join us today to learn a variety of new online games!
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.

Revised: July 12, 2021