


September 2021 – Virtual Programs – Join Us Via Zoom!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
You are always welcome to try a group out without committing to an entire session!		1	2 Birdbrain Baseball 1:30	3	 <p style="color: red; font-weight: bold;">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 style="color: red; font-weight: bold;">(See page 2 for session outlines)</p> www.braininjuryservices.ca
6 STAT	7 Prepping for Fall 1:30	8 Gentle Yoga 3pm	9 Brain Teasers 1:30	10	
13 Gentle Yoga 2:30 Jenn Meditation Drop-In 3:30pm Jenn	14 Boredom 1:30	15 MAP Week #1 9:30am Gentle Yoga 3pm	16 Spark Podcast 1:30	17	
20 Gentle Yoga 2:30 Meditation Drop-In 3:30pm	21 Boredom 1:30	22 MAP #2 9:30 Gentle Yoga 3pm	23 Brain Teasers 1:30	24	
27 Gentle Yoga 2:30 Meditation Drop-In 3:30pm	28 Boredom 1:30	29 MAP Week #3 9:30 Gentle Yoga 3pm	30 Brain Power BINGO 1:30		

September 2021 — Join Us In Person

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
		1	2 <u>Urban Poling</u> 9:00am Midland <u>Leisure Activity</u> 2-4pm Barrie	3	 <p>You must register for sessions every month.</p> <p>See Workshop Descriptions on page 3</p> <p>To register for IN PERSON groups or for more information please call or email Kathy</p> <p>ksulman@braininjuryservices.ca 705-734-2178 ext. 223</p> <p>(See page 2 for session outlines)</p> <p>www.braininjuryservices.ca</p>
6 STAT	7	8	9 <u>Urban Poling</u> 9:00am Midland <u>Leisure Activity</u> 2-4pm Barrie	10	
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VIRTUAL 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.
MAP Mindfulness Ambassador Program	10 session Mindfulness and Meditation Practice. The sessions are 1 hour long and build from week to week. Call Kathy for more information
Birdbrain Baseball	Come join us for an interactive game of baseball. Answer a question to move around the bases – try to get home and score a run for your team.
Prepping for Fall	Autumn is upon us – Join in today for some Fall preparation and safety activities
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 ‘Accepting Change’
Boredom (See registration deadline)	Learn about what boredom is and how it relates to ABI. In this workshop you will have an opportunity to learn about activities you enjoy and can participate in to reduce boredom. Materials will be provided to create your own Boredom Buster Kits! NOTE: <u>register by Friday September 10th</u> .
Brain Teasers	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.
Brain Power Bingo (See registration deadline)	Join us for an afternoon of fun while we play Brain Power Bingo. There will be prizes for the winners. NOTE: <u>Register by Friday September 10th</u> so we can ‘porch drop’ the materials.
<u>IN PERSON GROUPS</u>	
Leisure Activity “Your Choice” 21 Essa Rd. Barrie	You must SIGN-UP for these sessions. The group size is limited to 4 participants. Activities may include: dice games, cribbage, imaginif, quiddler, euchre, boggle, creative expression, trivia etc. Covid-19 protocols will be in place.
Urban Poling 21 Essa Rd. Barrie & Midland area	You must sign-up in advance for these sessions. Space is limited and prior health screening is required.

Revised: August 24, 2021