

# September 2023 – Community Programs

Please note this calendar outlines both IN PERSON & VIRTUAL programs.  
See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
				1
4 <b>Labour Day</b> BIS Closed.	5 <u>VIRTUAL</u> : Jeopardy 1:30PM	6	7 <u>IN PERSON</u> : Drop in 1PM – 4PM	8
11	12 <u>IN PERSON</u> : Scavenger Hunt Walk @ Sunnidale park 9:30am – 11:30am  <u>VIRTUAL</u> : ABI Education 1:30PM	13	14 <u>VIRTUAL</u> : Mindfulness Ambassador Program 11am (12 sessions)  <u>IN PERSON</u> : Drop in 1PM – 4PM	15
18	19 <u>VIRTUAL</u> : ABI Education 1:30PM	20	21 <u>IN PERSON</u> : Drop in 1PM – 4PM	22 <u>VIRTUAL</u> : 1000 Words Photography (12 sessions) 9:30am – 11:30am
25	26 <u>VIRTUAL</u> : ABI Education 1:30PM	27	28 <u>IN PERSON</u> : Bowling 1PM  <u>IN PERSON</u> : Women’s Health 1PM	29



**TO REGISTER:**  
Call or email Jenn Kidd

[jkidd@braininjuryservices.ca](mailto:jkidd@braininjuryservices.ca)

705-734-2178 ext. 241



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<b>IN PERSON:</b>	
<b>Scavenger Hunt Walk</b>	<b>9:30am – 11:30am @ Sunnidale Park, Barrie</b> Partner up for a morning of walking! Keep your eyes and ears peeled for beautiful trees, birds, and small animals at Sunnidale Park. Gather the most pictures and stories to check off and win prizes!
<b>Drop – in</b>	<b>Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie</b>
<b>Bowling</b>	<b>Bowling 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie</b>
<b>Women’s Health</b>	<b>1pm – 4pm 21 Essa Rd. Unit #1 Barrie</b> Learn about Women’s Health, screenings, hormones, and all-around wellness. We will have activities that focus on the Mind-Body-Soul.

<b>VIRTUAL:</b>	
<b>ABI Education</b>	Join us for a 3-week ABI education group that will focus on strategies to support you with cognitive, physical, and emotional changes following an acquired brain injury.
<b>Jeopardy</b>	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!
<b>Mindfulness Ambassador Program</b>	You’ll learn how to develop a daily mindfulness practice, understand the benefits, build effective communication skills, increase coping and stress management strategies and experience first-hand the benefit of cultivating mindfulness in your daily life.
<b>1000 Words Photography</b>	Join us for 12 fun and engaging sessions of 1000 Words Photography. This group is an interactive program using photography to facilitate communication and community integration. Through weekly assignments you’ll learn how to view your everyday environment in a different way. Participants will be asked to share their weekly photographs with the group and may choose to describe their work and provide feedback on the work of others. Basic photography skills are part of the learning process. Limited cameras are available to borrow for the group if required.