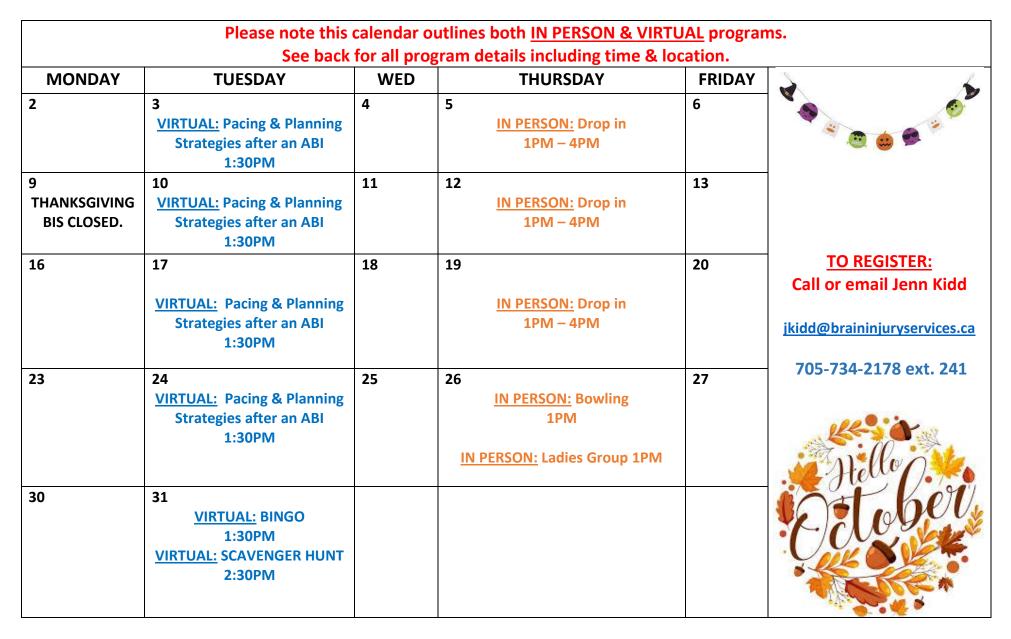
October 2023 – Community Programs





www.braininjuryservices.ca



IN PERSON:	
Drop – in	Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie Join us for an afternoon of activities, games, discussion, peer support and much more!
Ladies Group	BIS Office: 1pm – 4pm 21 Essa Rd. Unit #1 Barrie Join us today for an afternoon of gentle exercises, meditation, and a spooktacular activity!
Bowling	Bowling 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie

VIRTUAL:		
Pacing & Planning Strategies after an ABI	Pacing is a method and rehabilitation approach to help balance REST and ACTIVITY in your daily life. Pacing helps manage symptoms such as fatigue and allows you to maintain energy levels to accomplish more in your day-to-day life.	
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 October 12th so we can 'porch drop' the materials	
Scavenger Hunt	A Scavenger Hunt list will be sent out in October and you have the month to check off the list! Join us on Zoom <u>October 31st at 2:30PM</u> to share pictures, experiences and laughter!	