


March 2024 – Community Programs

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

MON DAY	TUESDAY	WED	THURSDAY	FRIDAY	
	IN PERSON: Urban Pole Walking @ Bayfield Mall Tuesday's 9:30 –11:30		VIRTUAL: Mindfulness Ambassador Program Thursdays 11AM (12 Sessions)	1 VIRTUAL: Mindful Fridays 11am	 <p>TO REGISTER: Call or email Jenn Kidd jkidd@braininjuryservices.ca 705-734-2178 ext . 241</p>
4	5 VIRTUAL: Cognitive Activities: Storytelling 1:30PM	6 VIRTUAL: Movement & Meditation 3pm	7 IN PERSON: Drop in 1PM – 4PM	8 VIRTUAL: Mindful Fridays 11am	
11	12 VIRTUAL: Cognitive Activities: Storytelling 1:30PM	13 VIRTUAL: Creative Expression 1:30PM VIRTUAL: Movement & Meditation 3PM	14 IN PERSON: Drop in 1PM – 4PM	15 VIRTUAL: Mindful Fridays 11am	
18	19 VIRTUAL: Cognitive Activities: Storytelling 1:30PM	20 MOVE & MEDITATE CANCELLED	21 IN PERSON: Drop in 1PM – 4PM	22 VIRTUAL: Mindful Fridays 11am	
25	26 VIRTUAL: Peer Support 1:30PM	27 VIRTUAL: Creative Expression 1:30PM VIRTUAL: Movement & Meditation 3pm	28 IN PERSON: Bowling at Bowlerama Barrie_1PM – 4PM	29 Good Friday BIS Closed	

March 2024 – Community Programs



In Person:	
Drop – in	Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie A welcoming space for participants to connect, share experiences, engage in therapeutic activities, and build a supportive community.
Bowling	Bowling 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at bowlerama! \$10 includes bowling and shoe rental!
Urban Pole Walking	Urban Pole Walking 9:30am – 11:30am, Bayfield Mall More than just a stroll in the park! Using activator poles has been thoroughly researched and has shown to have various benefits on overall health and wellness. Join us for a morning of walking at the Bayfield mall. Call Jenn if you are interested and would like more information.
Virtual:	
Cognitive Activities – Storytelling	Join us for a 3-week course with a focus on storytelling to improve cognitive abilities. You will walk through and practice different styles of storytelling through education and participation.
Peer Support	Join a supportive community to share feelings and experiences, knowledge and resources, and promote resiliency and hope.
Movement & Meditation	Back by request! Join us for gentle movement to get your body warm, followed by a short meditation practice! No experience required.
Creative Expressions	March 13th: St. Patti’s day craft. March 27th: Step-by-step landscape painting Supplies will be provided, and porch dropped or mailed. Please register by March 4th.
Mindful Fridays	Completion of the 12-week Mindfulness Ambassador Program is required to participate in this group. Please call for more information or questions.
Mindfulness Ambassador Program	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. You may attend in-person at the Barrie office.