


April 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	
1 Easter BIS Closed	2 <u>VIRTUAL</u> : Brain Games 1:30PM	3	4 <u>IN PERSON</u> : Drop in 1PM – 4PM	5 <u>VIRTUAL</u> : Mindful Fridays 11am	 <p><u>TO REGISTER:</u> Call or email Jenn Kidd</p> <p>jkidd@braininjuryservices.ca</p> <p>705-734-2178 ext . 241</p>
8	9 Virtual or In Person Sun Safety Strategies for Individuals Living with ABI 1:30PM	10 <u>VIRTUAL</u> : Creative Expression Hanging Floral Arrangement	11 <u>IN PERSON</u> : Drop in 1PM – 4PM	12 <u>VIRTUAL</u> : Mindful Fridays 11am	
15	16 Virtual or In Person Sun Safety Strategies for Individuals Living with ABI 1:30PM	17	18 <u>IN PERSON</u> : Drop in 1PM – 4PM	19 <u>VIRTUAL</u> : Mindful Fridays 11am	
22	23 Virtual or In Person Sun Safety Strategies for Individuals Living with ABI 1:30PM	24 <u>VIRTUAL</u> : Creative Expression Watercolour Painting	25 <u>IN PERSON</u> : Bowling at Bowlerama Barrie_1PM <u>IN PERSON</u> : Tools & Techniques for Effective Goal Setting	26 <u>VIRTUAL</u> : Mindful Fridays 11am	
29	30 <u>VIRTUAL</u> : Brain Game 1:30PM				

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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!
Tools & Techniques for Effective Goal Setting	1pm – 3pm 21 Essa Rd. Unit #1 Barrie Join us today <u>in person</u> for a seminar on goal setting strategies. We will walk through Goal Attainment Scaling (GAS) to learn how to set, measure, and achieve individual goals. This framework will support you in staying on track and maintaining accountability in what you set out to achieve!
Virtual:	
Brain Games	Join us for a variety of games today that are both fun and challenging! Participating in games supports cognitive rehabilitation through attention and concentration, memory, and multitasking.
Sun Safety Strategies for Individuals Living with ABI	Join us today to learn strategies for sun safety awareness, prevention, and healthy living this summer. The last session we will test our knowledge through summer safety Jeopardy!
Creative Expressions	Join us for two creative expression groups this month! April 10th: Hanging floral arrangement April 24th: Watercolour painting Register by March 28th
Mindful Fridays	Completion of the 12-week Mindfulness Ambassador Program is required to participate in this group. Please call for more information or questions.