



April 2024 – Muskoka Community Programs

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	REMINDERS
1 BIS – CLOSED - Easter Monday	2	3	4	5	 <p>To register for ZOOM virtual groups or for more information please call or email Cynthia.</p> <p>cblakelockturk@braininjuryservices.ca 1-877-320-1950 ext. 245 www.braininjuryservices.ca</p> 
8 10:30 – 12 In-Person Group GROUNDING TECHNIQUES Legion (Huntsville upstairs)	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29 Virtual Group Peer Support 10:30	30				



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April 8

Join us in the Legion in **Huntsville**. We will meet upstairs, there is an elevator, if needed. We will review some “Grounding Techniques for Calming Down Quickly” and then we will share your community information and helpful tips on living with a brain injury.

10:30 a.m. to 12:00 p.m.

April 29

Virtual – Peer Support / Social.

We will discuss “Coping Effectively with Loss and Change” and you can meet with your peers to share your community information and helpful tips on living with a brain injury.

10:30 a.m. to 11:30 a.m.