

# May 2024 – 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	2 <u>IN PERSON:</u> Drop in 1PM – 4PM	3 <u>VIRTUAL:</u> Mindful Fridays 11am
6	7 Virtual or In Person Optimizing Sleep after ABI: Strategies and Solutions 1:30PM	8	9 <u>IN PERSON:</u> Drop in 1PM – 4PM	10 <u>VIRTUAL:</u> Mindful Fridays 11am
13	14 Virtual or In Person Optimizing Sleep after ABI: Strategies and Solutions 1:30PM	15	16 <u>IN PERSON:</u> Drop in 1PM – 4PM	17 <u>VIRTUAL:</u> Mindful Fridays 11am
20 Victoria Day BIS Closed	21 Virtual or In Person Unmasking Brain Injury 1:30PM	22	23 <u>IN PERSON:</u> Unmasking Brain Injury 1PM – 4PM	24 <u>VIRTUAL:</u> Mindful Fridays 11am
27	28 Virtual or In Person Unmasking Brain Injury 1:30PM	29	30 <u>IN PERSON:</u> Bowling at Bowlerama Barrie 1PM	31 <u>VIRTUAL:</u> Mindful Fridays 11am



**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>Drop – in</b>	<p><b>Drop In 1pm – 4pm 21 Essa Rd. Unit #1 Barrie</b>                      A welcoming space for participants to connect, share experiences, engage in therapeutic activities, and build a supportive community.</p>
<b>Bowling</b>	<p><b>Bowling 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie</b>                      Join us for an afternoon of fun at Bowlerama! \$10 includes bowling and shoe rental!</p>
<b>Hybrid - Virtual or In Person:</b>	
<b>Optimizing Sleep after ABI: Strategies and Solutions</b>	<p>It is very common to have changes in the sleep/wake cycle following a brain injury. We will review steps and practices that people can adopt to help them catch more sleep.</p>
<b>Unmasking Brain Injury</b>	<p>“There’s a story behind every mask and behind every mask there’s a person, a person that’s been touched by brain injury.”  <a href="http://unmaskingbraininjury.org/">http://unmaskingbraininjury.org/</a></p> <p>“Unmasking Brain Injury is an international movement. Through the unmasking project, hundreds of people living with brain injuries are making the invisible, visible by unmasking their stories through an artistic display of masks that represent their personal journeys.” <a href="http://unmaskingbraininjury.org/">Unmasking Brain Injury   Get Involved - Ontario Brain Injury Association (obia.ca)</a></p> <p>Join us to unmask your brain injury.</p> <p><b>Week one</b> will be a brainstorming session focused on what it is like to live with a brain injury and how we can educate others in our community.</p> <p><b>Week 2</b> we will create our masks! Masks and materials will be delivered prior to group. <b><i>In person participation is highly encouraged for this workshop.</i></b> BIS has an abundance of supplies that you can use to create your mask!</p> <p><b><u>Please register by May 10<sup>th</sup></u></b></p>
<b>Virtual:</b>	
<b>Mindful Fridays</b>	<p>Completion of the 12-week Mindfulness Ambassador Program is required to participate in this group. Please call for more information or questions. 705 – 734 – 2178.</p>