
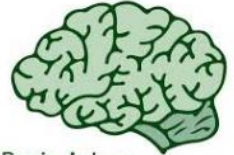


June 2024 – Community Programs

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

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
3	4 Virtual or In Person Pillars of Health Workshop Series Pillar 1: Health & Wellness 1:30PM	5 Registration Deadline for ABI Survivor Conference	6 <u>IN PERSON:</u> Drop in 1PM – 4PM	7 Mindful Friday <u>Cancelled</u>	 <p>TO REGISTER: Call or email Jenn Kidd jkidd@braininjuryservices.ca 705-734-2178 ext . 241</p>  <p>Brain Injury Awareness Month</p>
10	11 Virtual or In Person Pillars of Health Workshop Series Pillar 2: Cognitive Engagement 1:30PM	12	13 <u>IN PERSON:</u> Drop in 1PM – 4PM	14 Mindful Friday <u>Cancelled</u>	
17	18 Virtual or In Person Pillars of Health Workshop Series Pillar 3: Community Engagement 1:30PM	19 ABI Survivor Conference Ferndale Banquet Hall	20 <u>IN PERSON:</u> Drop in 1PM – 4PM	21 National Indigenous Peoples Day <u>VIRTUAL:</u> Mindful Fridays 11am	
24	25 Virtual or In Person Pillars of Health Workshop Series Pillar 4: Education 1:30	26 <u>VIRTUAL:</u> 1:30PM Creative Pastel Craft	27 <u>IN PERSON:</u> Bowling Bowlerama Barrie <u>IN PERSON:</u> Tools & Techniques for Effective Goal Setting 1PM – 3PM	28 <u>VIRTUAL:</u> Mindful Fridays 11am	
30	June is brain injury awareness month. Join BIS in connecting and sharing stories and experiences of ABI survivors at the BIS/MOD 21 st annual survivor conference on June 19 th at the Ferndale Banquet Hall in Barrie.				

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In Person:	
Drop – in	<p>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.</p>
Bowling	<p>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!</p>
ABI Survivor Conference	<p>Join us for the 21st Annual ABI Survivor Conference where individuals living with acquired brain injuries share their experiences and strategies that support them in their ABI journey.</p> <p>Location: Ferndale Banquet Hall Time: 8:30am – 3pm Cost: \$20 Advance registration is required for this event. Register by June 5th.</p>
Tools & Techniques for Effective Goal Setting	<p>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!</p>
In-person OR Virtual:	
BIS Pillars of Health Workshop Series	<p>BIS Pillars of Health have recently been created and implemented at the agency to support program development and service delivery. Throughout the month of June BIS staff will facilitate workshops to educate clients on the importance of each pillar and how they guide services provided for rehabilitation.</p>
Virtual:	
Mindful Fridays	<p>Completion of the 12-week Mindfulness Ambassador Program is required to participate in this group. Please call for more information or questions.</p>