

## June 2024 – Muskoka - Community Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
<b>3</b> In-Person group HUNTSVILLE - Legion 10:30 – 12:00	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Picnic in GRAVENHURST 1:00 – 2:30	 <p>To register for ZOOM virtual groups or for more information please call or email Cynthia</p> <p><a href="mailto:cblakelockturk@braininjuryservices.ca">cblakelockturk@braininjuryservices.ca</a></p> <p>1-877-320-1950 ext. 245</p> <p><a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
<b>24</b> Virtual Group 10:30	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	



## **JUNE 2024 – MUSKOKA COMMUNITY PROGRAMS**

### **June 3**

In person group - Huntsville

Join us at the Legion in Huntsville. We will meet upstairs and there is an elevator, if needed. We will review some “Sleep Hygiene” techniques that hopefully will help you sleep better. It is also an opportunity for you to share community information and helpful tips on living with a brain injury.

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

### **June 7**

In person group - Gravenhurst

We will meet at Gull Lake Park in Gravenhurst. We will have a picnic, watch for the blue balloons. Brain injury Services will supply the picnic, we just need you to show up. Please inform Julie or Cynthia if you will be joining us for the picnic.

1:00 p.m. to 2:30 p.m.

### **June 24**

Virtual - Peer Support / Social

We will review “Effective Anger Management techniques” 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.