

# July 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 No Virtual Groups for July & August	3	4 <u>IN PERSON:</u> Drop in 1PM – 4PM	5 <u>VIRTUAL:</u> Mindful Fridays 11am
8	9	10	11 <u>IN PERSON:</u> Urban Pole Walking @ BIS Office 9:30am – 11:30am (or bring a lunch and stay the afternoon)  <u>IN PERSON:</u> Drop in 1PM – 4PM	12 <u>VIRTUAL:</u> Mindful Fridays 11am
15	16	17	18 <u>IN PERSON:</u> Urban Pole Walking @ BIS Office 9:30am – 11:30am  <u>IN PERSON:</u> Drop in 1PM – 4PM <b>** Barrie waterfront today**</b>	19 <u>VIRTUAL:</u> Mindful Fridays 11am
22	23	24	25 <u>IN PERSON:</u> Urban Pole Walking @ BIS Office 9:30am – 11:30am  <u>IN PERSON:</u> Bowling Bowlerama Barrie	26 Mindful Friday <u>Cancelled</u>
29	30	31	Mindfulness Ambassador Program will begin Thursday mornings in September! Please contact Jenn if you are interested and would like more details!	



**TO REGISTER:**  
Call or email Jenn Kidd

[jkidd@braininjuryservices.ca](mailto:jkidd@braininjuryservices.ca)

705-734-2178 ext . 241

**\*\*See back of calendar  
for details\*\***

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<b>In Person:</b>	
<b>Drop – in</b>	<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.
<b>Urban Pole Walking</b>	<b>Urban Pole Walking 9:30am – 11:30am, Barrie Office → Barrie Waterfront</b> More than just a stroll in the park! Using activator poles has been thoroughly researched and has shown to have various benefits on overall health and wellness. Join us for a morning of walking. <b>Call Jenn if you are interested and would like more information.</b> <b>**Bring a lunch and stay the afternoon for drop-in!**</b>
<b>Bowling</b>	<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!
<b>In-person OR Virtual:</b>	
<b>No Education Groups July &amp; August</b>	
<b>Virtual:</b>	
<b>Mindful Fridays</b>	Completion of the 12-week Mindfulness Ambassador Program is required to participate in this group. Please call for more information or questions.