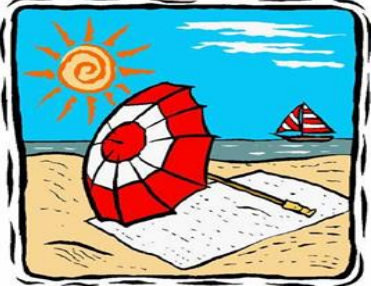



August 2024 – Muskoka - Community Programs

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	REMINDERS
			1	2	 <p>To register for ZOOM virtual groups or for more information please call or email Cynthia. cblakelockturk@braininjuryservices.ca 1-877-320-1950 ext. 245 www.braininjuryservices.ca</p>  <p>BIS BRAIN INJURY SERVICES MUSKOKA • SIMCOE</p>
5 We will not meet at the Legion for July and August	6	7	8	9	
12	13	14	15	16	
19 VIRTUAL MEETING 10:30 “Effective Stress Management”	20	21	22	23	
26	27	28	29	30	



August 2024 – Muskoka Community Programs

August 19

Virtual - Peer Support / Social

We will review “Effective Stress Management” 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.