


September 2024 – Community Programs



See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
2	3 Virtual Games 1:30PM	4	5 <u>IN PERSON:</u> Drop in 1PM – 4PM	6 <u>VIRTUAL:</u> Mindful Friday 11am	 <u>TO REGISTER:</u> Call or email Jenn Kidd jkidd@braininjuryservices.ca 705-734-2178 ext . 241 See back of calendar for program details.
9	10 Love Your Brain Guest Speaker 1:30pm – 2:30pm on Zoom	11	12 Mindfulness Ambassador Program 11am – 12pm (Advance Registration Required) <u>IN PERSON:</u> Drop in 1PM – 4PM	13 <u>VIRTUAL:</u> Mindful Friday 11am	
16	17 <u>Education Group 1:30</u> Safety Zone: Establishing Boundaries and Protecting Your Online Life	18	19 Mindfulness Ambassador Program 11am – 12pm (Advance Registration Required) <u>IN PERSON:</u> Drop in 1PM – 4PM	20 <u>VIRTUAL:</u> Mindful Fridays 11am	
23	24 <u>Education Group 1:30</u> Safety Zone: Establishing Boundaries and Protecting Your Online Life	25	26 Mindfulness Ambassador Program 11am – 12pm (Advance Registration Required) <u>IN PERSON:</u> Bowling 1PM – 4PM Bowlerama Barrie	27 <u>VIRTUAL:</u> Mindful Fridays 11am	
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SAVE THE DATE – SEPT 10th
1:30PM – 2:30PM
 Love Your Brain Yoga will be
 joining us for a zoom
 discussion to share
 information about their
 organization and free
 programs that are available.
 Register with Jenn!

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Group Descriptions:	
Love Your Brain Guest Speaker	<p>Love Your Brain Guest Speaker: 1:30pm – 2:30pm on Zoom – option to join in person @ 21 Essa Rd. Love Your Brain Yoga will be joining us for a zoom discussion to share information about their organization and free programs that are available. More information about their programs can be found on their website: LoveYourBrain Please register with Jenn Kidd: jkidd@braininjuryservices.ca</p>
Drop – in	<p>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>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>
Mindfulness Ambassador Program	<p>Thursday Mornings 11am – 12pm <u>in person or zoom</u> Join us for 12 sessions of <i>The Mindfulness Ambassador Program (MAP)</i> You'll learn how to develop a daily mindfulness practice, understand the benefits, build effective communication skills, increase coping and stress management strategies and experience first-hand the benefit of cultivating mindfulness in your daily life. Advance registration required.</p>
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>
Virtual Game	<p>1:30PM 21 Essa Rd. Unit #1 Barrie Time to get those neurons firing! Join us for cognitive games to support your ABI recovery through puzzles, social interaction, and fun!</p>
Safety Zone: Establishing Boundaries and Protecting Your Online Life	<p>1:30PM 21 Essa Rd. Unit #1 Barrie We will focus on establishing personal and safety boundaries and protecting your online life.</p>