


November 2024 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
				1 VIRTUAL: Mindful Friday 11am	 <p>TO REGISTER: Call or email Jenn Kidd</p> <p>jkidd@braininjuryservices.ca</p> <p>705-734-2178 ext . 241</p> <p>See back of calendar for program details.</p> <div style="border: 2px solid green; padding: 5px;"> <p>Save the Date!! BIS/MODC Holiday Lunch</p> <p><u>Friday, December 6th</u> <u>11:30 am – 2:30pm</u> Northwest Barrie United Church 464 Ferndale Dr. North, Barrie <u>\$20 per person</u></p> <p>Stay tuned for more info!</p> </div>
4	5 <u>Education Group 1:30</u> Communication	6	7 Mindfulness Ambassador Program 11am – 12pm Drop in 1PM – 4PM	8 VIRTUAL: Mindful Friday 11am	
11	12 <u>Education Group 1:30</u> Communication	13	14 Mindfulness Ambassador Program 11am – 12pm Drop in 1PM – 4PM	15 VIRTUAL: Mindful Fridays 11am	
18	19 <u>Education Group 1:30</u> Communication	20	21 Mindfulness Ambassador Program 11am – 12pm Drop in 1PM – 4PM	22 VIRTUAL: Mindful Fridays 11am	
25	26 <u>Virtual: 1:30</u> Card Making	27	28 Mindfulness Ambassador Program 11am – 12pm Bowling @Bowlerama Barrie 1PM – 4PM	29	

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Group Descriptions:	
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 The Mindfulness Ambassador Program (MAP) 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>
Communication	<p>1:30PM on ZOOM Communication problems after brain injury are very common. The ability to communicate requires extremely complex skills and many different parts of the brain are involved. We will discuss communication skills after an acquired brain injury and how to improve your relationships with effective communication skills.</p>
Craft – Card Making for the holidays	<p>1:30PM on ZOOM We will be making cards for the upcoming holidays. Please sign up by November 14th, so that the supplies can be delivered to you. 12 participants can sign up for this event.</p>