


October 2024 – Community Programs

See back for all program details including time & location.

| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | |
|--------|---|-----|---|---|--|
| | 1 Unmasking Brain Injury Presentation 1:30PM | 2 | 3 Mindfulness Ambassador Program 11am – 12pm Drop in 1PM – 4PM | 4 <u>VIRTUAL:</u> Mindful Friday 11am |  <p><u>TO REGISTER:</u> 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> |
| 7 | 8 <u>Education Group 1:30</u> Change Your Brain, Change Your Life | 9 | 10 Mindfulness Ambassador Program 11am – 12pm Drop in 1PM – 4PM | 11 <u>VIRTUAL:</u> Mindful Friday 11am | |
| 14 | 15 <u>Education Group 1:30</u> Change Your Brain, Change Your Life | 16 | 17 Mindfulness Ambassador Program 11am – 12pm Drop in 1PM – 4PM | 18 <u>VIRTUAL:</u> Mindful Fridays 11am | |
| 21 | 22 <u>Education Group 1:30</u> Change Your Brain, Change Your Life | 23 | 24 Mindfulness Ambassador Program 11am – 12pm Drop in 1PM – 4PM | 25 <u>VIRTUAL:</u> Mindful Fridays 11am | |
| 28 | 29 <u>Virtual: BINGO</u> 1:30PM | 30 | 31 Mindfulness Ambassador Program 11am – 12pm Bowling @Bowlerama Barrie 1PM – 4PM | | |



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| Group Descriptions: | |
|--|---|
| Drop – in | 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. |
| Bowling | 1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at Bowlerama! \$10 includes bowling and shoe rental! |
| Mindfulness Ambassador Program | 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. |
| Mindful Fridays | Completion of the 12-week Mindfulness Ambassador Program is required to participate in this group. Please call for more information or questions. |
| Unmasking Brain Injury Presentation | 1:30PM 21 Essa Rd. Unit #1 Barrie or Virtual on Zoom “There’s a story behind every mask and behind every mask there’s a person, a person that’s been touched by brain injury.” http://unmaskingbraininjury.org/ Masks were created earlier in the year, join us today as we share the masks and hear the stories behind each mask. |
| Change Your Brain, Change Your Life | 1:30PM 21 Essa Rd. Unit #1 Barrie Join us for an interactive workshop based on Daniel Amen’s Change Your Life, Change Your Brain Series. We will explore strategies for improving focus, moving forward, and letting go of negative thoughts. |
| BINGO | 1:30PM on Zoom Test your luck at BINGO and win some prizes! Please register by October 18th to receive your bingo cards! |