


December 2024 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
2	3 <u>Education Group 1:30</u> Stress Management	4	5 Drop In 1PM – 4PM	6 BIS/MOD Holiday Luncheon 11:30am – 2:30pm Preregistration required.	 <p><u>TO REGISTER:</u> Call or email Jenn Kidd jkidd@braininjuryservices.ca 705-734-2178 ext . 241 See back of calendar for program details.</p>
9	10 <u>Education Group 1:30</u> Stress Management	11	12 Holiday Drop in @ BIS 1PM – 4PM	13	
16	17 Trivia and avoiding holiday stress discussion <u>1:30</u>	18	19 Bowling @Bowlerama Barrie 1PM – 4PM	20	
23	24 BIS Closes at 2pm	25	26 BIS CLOSED December 25 th – January 1 st		
30	31	1 JANUARY	2 BIS OPEN Drop In 1PM – 4PM	3	

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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!
Stress Management	1:30PM 21 Essa Rd. Unit #1 Barrie Life is stressful – Just dealing with our everyday activities, tasks and relationships. With the upcoming holiday season – it can be extra stressful. Join us for a discussion of the best strategies and tactics for not only surviving the holiday season but enjoying the many positives and joys that it has to offer.
Trivia and Avoiding Holiday Stress	1:30PM on ZOOM Join us on zoom for holiday trivia and a discussion of ways to cope with holiday stress.