


August 2025 – Community Programs

See back for all program details including time & location.					
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 <p>TO REGISTER: Call or email Kathy ksulman@braininjuryservices.ca 705-734-2178 ext . 223</p> <p>See back of calendar for program details.</p>
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4 CIVIC HOLIDAY BIS closed	5	6	7 Drop In 1PM – 4PM	8	
11	12	13	14 Drop In 1PM-4PM	15	
18	19	20	21 Drop In 1PM – 4PM	22	
25 Virtual Peer Support ZOOM 10:30 – 11:30	26	27	28 Bowling @Bowlerama Barrie 1PM – 4PM	29	

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Group Descriptions:	
Barrie Drop-In 1:00-4:00pm	21 Essa Rd. Unit #1 Barrie A welcoming space for participants to connect, share experiences, engage in therapeutic based leisure activities, and build a supportive community.
Virtual Peer Support ZOOM 10:30am – 11:30am	Monday, August 25th Meet with your peers to share your community information and helpful tips on living with a brain injury.
Barrie Bowling 1:00-4:00pm	Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at Bowlerama! \$15 includes bowling and shoe rental! Please let me know if you need financial assistance to participate.
12 Week Mindfulness Ambassador Program	This 12 week program will start on Friday September 12th, 11am to 12pm. You are welcome to attend in person at 21 Essa Rd. Barrie, or on Zoom. Please let me know if you want your name added to the list for this program. Call for more information and details. Poster attached.