

# December 2025 – Community Programs

See back for all program details including time & location.					 <p><b>TO REGISTER:</b> Call or email Kathy</p> <p>ksulman@braininjuryservices.ca</p> <p>705-734-2178 ext. 223</p> <p>See back of calendar for program details.</p>
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
1 Huntsville Peer Support 10:30-12:00	2	3	4 Barrie Holiday Baking 1:00-4:00pm	5 Georgian Mall Barrie 10-3pm	
8	9 VIRTUAL Surviving the Holidays 1:00pm	10	11 Kitchen Confidence (by invitation only) 1:00-4:00pm  Barrie Bowling 1:00-4:00pm	12	
15	16	17	18 BIS CLOSED	19	
22 VIRTUAL Peer Support 10:30	23	24	25 BIS CLOSED	26 BIS CLOSED	
29 BIS CLOSED	30 BIS CLOSED	31 BIS CLOSED	January 1, 2026 BIS CLOSED	January 2 BIS is OPEN	

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Group Descriptions:	
<b>Holiday Trivia Huntsville December 1</b>	<b>Huntsville Legion –10:30am-12:00pm</b> 21 Veterans Way. We will meet upstairs, there is an elevator, if needed. Join us for holiday trivia and a discussion on ways to cope with holiday stress.
<b>Holiday Baking December 4<sup>th</sup></b>	<b>21 Essa Rd, Unit #1 Barrie – 1:00-4:00pm</b> Come and bake holiday cookies from start to finish. All supplies provided.
<b>Georgian Mall Barrie December 5<sup>th</sup></b>	<b>Georgian Mall – 509 Bayfield St. Barrie – 10:00am to 3:00pm</b> Come join us for shopping and games. Santa will be on site if you want a photo op. You are welcome to bring or buy your lunch. We will meet at the food concession area.
<b>Zoom Surviving the Holidays December 9<sup>th</sup></b>	<b>Zoom 1:00-2:00</b> Come explore strategies to manage the stress of the holidays. There may be a game or two thrown in.
<b>Bowling December 11</b>	<b>1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie</b> Join us for an afternoon of fun at Bowlerama! \$15 includes bowling and shoe rental!
<b>Kitchen confidence December 11</b>	This program is by invitation only in Barrie. Please let me know if you would like to join this skill-based group in the New Year. Cost \$5.00
<b>Virtual Peer Support December 22 10:30-11:30</b>	<b>Zoom Group</b> Meet with your peers to share your community information and helpful tips on living with a brain injury.