

January 2026 – Community Programs

See back for all program details including time & location.					
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 <p>TO REGISTER: 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>
			1 BIS CLOSED	2 BIS OPEN	
5 Huntsville Peer Support 10:30-12:00	6	7	8	9	
12	13	14	15 LYB 6 week Mindset Program 9:30am Barrie Cooking with Confidence 1-4pm	16	
19 VIRTUAL Peer Support 10:30	20	21	22 Barrie Admin Club 1-4pm	23	
26	27	28	29 Barrie Bowling 1:00-4:00pm	30	

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Group Descriptions:	
Huntsville January 5	Huntsville Legion – 10:30am-12:00pm 21 Veterans Way. We will meet upstairs, there is an elevator, if needed. Today's activity is the "Let's Get Acquainted" game. You'll get a chance to meet others, share community information, and talk about tips for living with a brain injury.
Love Your Brain Mindset Program January 15	Virtual 6 weeks – Let us know if you would like to access a computer and internet in the Barrie office to attend) In this self-paced 6-week program, you will receive tools for mental flexibility, physical strength, positive thinking and more. Sign up by: Friday January 9th so we can reach out and help you sign up for the online resource. BIS will review the resources with you weekly, you will have the opportunity to practice within a supportive group.
Cooking with Confidence January 15	21 Essa Rd. Unit #1 Barrie This is a skill-based group for those wishing to increase their independence and confidence in the kitchen. \$5.00 per session. Sign up by Friday January 9th. Space is limited.
Virtual Peer Support January 19	Zoom Group 10:30 – 11:30 Connect with your peers to share community resources and helpful tips for living with a brain injury.
Admin Club Jan 22	Barrie – 21 Essa Rd. Unit #1 – See poster attached. There are limited spots available between 1-4pm. First come first serve. Sign up and we will reach out with a time slot and checklist to help you prepare for your appointment.
Bowling Jan 29	1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at Bowlerama! \$15 includes bowling and shoe rental!