

# January 2026 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
			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	See back of calendar for program details.
26	27	28	29 Barrie Bowling 1:00-4:00pm	30	



**TO REGISTER:**  
Call or email Kathy

[ksulman@braininjuryservices.ca](mailto:ksulman@braininjuryservices.ca)

705-734-2178 ext. 223

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Group Descriptions:	
<b>Huntsville</b> <b>January 5</b>	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.
<b>Love Your Brain Mindset Program</b> <b>January 15</b>	<b>Virtual 6 weeks – Let us know if you would like to access a computer and internet in the Barrie office to attend)</b> In this self-paced 6-week program, you will receive tools for mental flexibility, physical strength, positive thinking and more. <b>Sign up by: Friday January 9<sup>th</sup></b> 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.
<b>Cooking with Confidence</b> <b>January 15</b>	<b>21 Essa Rd. Unit #1 Barrie</b> This is a skill-based group for those wishing to increase their independence and confidence in the kitchen. \$5.00 per session. <b>Sign up by Friday January 9<sup>th</sup></b> . Space is limited.
<b>Virtual Peer Support</b> <b>January 19</b>	<b>Zoom Group 10:30 – 11:30</b> Connect with your peers to share community resources and helpful tips for living with a brain injury.
<b>Admin Club</b> <b>Jan 22</b>	<b>Barrie – 21 Essa Rd. Unit #1</b> – 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.
<b>Bowling</b> <b>Jan 29</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!