

February 2026 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
2	3	4	5	6	
9 Huntsville Peer Support 10:30am - 12:00pm	10	11	12 Cooking with Confidence (Registration Required) 1pm – 4pm	13 Mindfulness Ambassador Program (Virtual) 9:30am – 10:30am (Registration Required 12-week program)	
16 BIS Closed Family Day	17	18	19 Admin Club (Registration Required) 1pm – 4pm	20	
23 VIRTUAL Peer Support 10:30am – 11:30am Virtual Energy Conservation & Pacing 1pm-2pm	24	25	26 Creative Group: Vision Boards (Registration Required) 1pm – 4pm	27	

Registration is required for all programs.



TO REGISTER:
Call or email Jenn Kidd

jkidd@braininjuryservices.ca

705-734-2178 ext . 241

See back of calendar for
program details.

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Group Descriptions:	
Mindfulness Ambassador Program (MAP) Fridays 9:30am – 10:30am	Virtual on Zoom Join us for 12 engaging sessions of The Mindfulness Ambassador Program (MAP) - an interactive program that explains what mindfulness looks like and why it matters. You'll learn how to develop a daily mindfulness practice, understand the benefits, build effective communication skills, increase coping and stress management strategies and experience first-hand the benefit of cultivating mindfulness in your daily life.
Peer Support 10:30am-12:00pm	Huntsville Legion 21 Veterans Way, Huntsville, ON We will meet upstairs; an elevator is available if needed. Today's activity will review "5 Things to Do When You Wake Up for More Energy All Day." You'll have the opportunity to meet others, share community information, and discuss tips for living with a brain injury.
Cooking with Confidence	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 February 6 th . Space is limited.
Admin Club February 19th 1pm – 4pm (By Appointment)	21 Essa Rd. Unit #1, Barrie Admin Club gives registered clients the chance to get support with everyday administrative tasks using practical strategies. Spots are limited. After you sign up, we'll reach out to confirm a time.
Creative Group: Vision Boards	21 Essa Rd. Unit #1, Barrie Come out and be inspired. Create a vision board to represent your goals and wishes for 2026 and increase your motivation to take action.
Energy Conservation & Pacing February 23rd & March 9th 1-2pm	Virtual on Zoom Learn practical strategies to manage your energy, reduce fatigue and make daily activities more balanced and achievable. Topics: Understanding fatigue after brain injury, daily energy mapping, practical tools.
Peer Support 10:30am – 11:30am	Virtual on Zoom Connect with your peers to share community resources and helpful tips for living with a brain injury.