

February 2026 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 <p>TO REGISTER: Call or email Jenn Kidd jkidd@braininjuryservices.ca 705-734-2178 ext . 241 See back of calendar for program details.</p>
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.

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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 " <i>5 Things to Do When You Wake Up for More Energy All Day.</i> " 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.