

March 2026 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
2 Huntsville Peer Support 10:30-12:00	3	4	5 Cognitive Café 1pm – 4pm Registration Required	6
9 Virtual Energy Conservation & Pacing 1-2pm	10 Taxes Made Simple: Your Must- Have Documents Virtual 1pm – 2:30pm	11	12 Cooking with Confidence 1pm – 4pm Registration Required	13
16	17	18	19 Mindful Minds: Practical Mindfulness Exercises for Everyday Life 1pm – 3pm Registration Required	20
23	24	25	26 BIS Closed for Staff Training.	27
30 VIRTUAL Peer Support 10:30	31			



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:	
Cognitive Café	<p>March 5th: 1pm – 4pm 21 Essa Rd. Unit #1 Barrie</p> <p>Drop into Cognitive Café and help the group choose a brain game to play! Enjoy a menu of fun, low-pressure activities designed to support memory, attention, and problem-solving skills in a relaxed and social setting. Staff are available to provide support and adaptations as needed - come boost your brain while connecting with others.</p>
Huntsville Peer Support	<p>March 2nd: Huntsville Legion – 10:30am-12:00pm 21 Veterans Way, Huntsville, ON</p> <p>We will meet upstairs; an elevator is available if needed. You'll have the opportunity to meet others, share community information, and discuss tips for living with a brain injury.</p>
Energy Conservation & Pacing February 23rd & March 9th 1-2pm	<p>Virtual on Zoom</p> <p>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.</p> <p>**Please note: You must have attended on February 23rd to be eligible to attend.</p>
Taxes Made Simple: Your Must-Have Documents	<p>Virtual on Zoom 1:30pm – 2:30pm</p> <p>Join Us for a Virtual Session: “Taxes Made Simple: Your Must-Have Documents”</p> <p>Learn which papers you need for your taxes, get a simple checklist to stay organized, and discover how to find budget-friendly tax filing locations near you for stress-free filing with the Canada Revenue Agency (CRA).</p>
Cooking with Confidence	<p>21 Essa Rd. Unit #1, Barrie</p> <p>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 6th. Space is limited.</p>
Mindful Minds: Practical Mindfulness Exercises for Everyday Life	<p>21 Essa Rd. Unit #1, Barrie 1pm – 3pm</p> <p>Come experience and learn the many benefits of practicing mindfulness to support you in your every day lives.</p>
Peer Support	<p>Virtual on Zoom</p> <p>Connect with your peers to share community resources and helpful tips for living with a brain injury.</p>