

SEE BACK FOR PROGRAM DETAILS

MON	TUE	WEDNESDAY	THU	FRI	
2	3	4 Education: Income Tax Mindfulness & Movement Same Brain	5	6	 <p style="text-align: center;">Collingwood program runs 9:00am – 4:00pm every Wednesday</p> <p style="text-align: center;">First Presbyterian Church 200 Maple St. Collingwood</p> <p style="text-align: center;">You must be eligible for services and a registered client to participate</p> <p style="text-align: center;">Staff Contact Info:</p> <p>Angie Springer 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>Jordan Cameron 705 – 734 – 2178 ext. 233 jcameron@braininjuryservices.ca</p> <p style="text-align: center;"><i>*Please contact BIS staff for any questions or to report an absence*</i></p>
9	10	11 Education: 911 Preparedness Diner’s Club: Irish Stew Lucky Bingo Reading Exercise	12	13	
16	17	18 Education: Memory Strategies Bird Seed Ornaments Bean Bag Toss Quiddler	19	20	
23	24	25 Education: The 5 Areas of Self-Care Word Association Games Sequence	26	27	
30	31				

Program Descriptions:	
March 4	It's that time of year again...tax time! Join us for this informative session on the importance on filing your Income Taxes . We'll explore some common tax benefits, how to file, as well as your local free tax clinics.
March 11	<p>Today we'll explore how to be better prepared in case of an emergency in our 911 Preparedness education session.</p> <p>We'll also engage in some Irish-inspired activities in anticipation of St. Patrick's Day! No need to bring a lunch today as we'll be making a delicious Irish Stew together for Diner's Club!</p>
March 18	Join us today as we learn about some helpful strategies to improve memory . We'll get crafty while we use our creativity and fine motor skills this afternoon as we make beautiful Bird Seed Ornaments!
March 25	Today we will be learning about The 5 Areas of Self-Care and how self-care can positively impact your health!