

May 2026 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
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4 Huntsville Peer Support 10:30AM - 12:00PM	5 Walk to Connect 9:30AM – 11AM, unit 115 Emergency Preparedness Education Group Part 1 1pm – 3pm	6	7 Finding Focus 1PM – 3PM Unit 320 Drop - in 1PM – 3PM, Unit 115	8
11	12 Walk to Connect 9:30AM – 11AM, unit 115	13	14 Cooking with Confidence 1PM – 4PM Unit 115 Drop - in 1PM – 3PM, Unit 115	15
18 BIS Closed Victoria Day	19 Walk to Connect 9:30AM – 11AM, unit 115	20	21 Drop - in 1PM – 3PM Unit 115	22
25 VIRTUAL Peer Support 10:30AM	26 Walk to Connect 9:30AM – 11AM, unit 115 Emergency Preparedness Education Group Part 2 1pm – 3pm	27	28 Unmasking Brain Injury 1PM – 3PM, Unit 115 Bowling @Bowlerama Barrie 1PM – 3PM	29 VIRTUAL Card Making 9:30AM Sign up by May 7th



TO REGISTER:
Call or email Jenn Kidd

jkidd@braininjuryservices.ca

705-734-2178 ext . 241

Programs offered virtually on
zoom or on site at
121 Wellington St. W. Barrie
Unit 115 or 320.

See back of calendar for
program details.

May 2026 – Community Programs

Group Descriptions:	
<p>Huntsville Community Event Peer Support 10:30am – 12:00pm</p>	<p>Huntsville Legion - 21 Veterans Way, Huntsville, ON We will meet upstairs; an elevator is available 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.</p>
<p>Finding Focus Hybrid – In person or Virtual 1pm – 3pm</p>	<p>Virtual or in person at 121 Wellington St. W. Barrie, Unit 320 Join our hybrid workshop to learn simple strategies to reduce distractions, improve focus, and support daily life.</p>
<p>Walk & Connect: 8 Week Series Tuesdays 9:30am – 11:30am</p>	<p>Location: 121 Wellington St. W. Barrie. Meet at Unit 115 Join us each week for a morning walk as we explore nature and our community. We'll start with a warm-up, head out for a gentle walk (all abilities and paces welcome), and finish with a cool-down. Activator poles are optional and will be available. A route will be emailed prior to group.</p>
<p>Emergency Preparedness <u>Hybrid</u> – In person or Zoom 1pm – 3pm</p>	<p>Virtual or in person at 121 Wellington St. W. Barrie, Unit 320 Join us to learn how to create a step-by-step planner to help you prepare for emergencies and disasters.</p>
<p>Cooking with Confidence 1pm – 4pm</p>	<p>121 Wellington St. W. Barrie, Unit 115 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 May 8th. Space is limited.</p>
<p>Drop-in 1pm – 3pm</p>	<p>121 Wellington St. W. Barrie, Unit 115 A welcoming space for participants to connect, share experiences, engage in therapeutic activities, and build a supportive community.</p>
<p>Virtual Peer Support 10:30 – 11:30</p>	<p>Virtual on Zoom Meet with your peers to share your community information and helpful tips on living with a brain injury.</p>
<p>Unmasking Brain Injury 1pm – 3pm</p>	<p>121 Wellington St. W. Barrie, Unit 115 "There's a story behind every mask and behind every mask there's a person, a person that's been touched by brain injury." http://unmaskingbraininjury.org/ Join us today to create your own mask to share your journey!</p>
<p>Bowling at Bowlerama in Barrie 1pm – 3pm</p>	<p>Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at Bowlerama! \$15 includes bowling and shoe rental!</p>
<p>Virtual Craft – Card Making ZOOM 9:30am – 10:30am</p>	<p>Virtual on Zoom We will be making cards; one birthday, one thank you and one for thinking about you. Please sign up by May 7th so that the supplies can be delivered to you. Registration required – space is limited.</p>