


June 2026 – Community Programs

JUNE IS BRAIN INJURY AWARENESS MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 Huntsville Peer Support 10:30AM – 12PM	2 Walk & Connect 9:30AM – 11AM, unit 115 Virtual ABI Calendar Quest 1:30PM – 3PM	3	4 Drop-in Lunch Outing @ One Eyed Jacks 1PM – 3PM	5 DEADLINE TO REGISTER FOR SURVIVOR CONFERENCE	 <p>TO REGISTER: Call or email Jenn Kidd jkidd@braininjuryservices.ca 705-734-2178 ext. 241 See back of calendar for program details.</p>
8 Virtual Energy Conservation & Pacing 1PM-2PM	9 Walk & Connect 9:30AM – 11AM, unit 115 ABI Flag Raising Ceremony @ Barrie City Hall 1PM – 2:30PM	10 BIS/MOD Orillia Picnic 11AM – 2PM	11 Cooking with Confidence 1PM – 4PM Unit 115 Drop-in 1PM – 3PM Unit 115	12	
15	16 Walk & Connect 9:30AM – 11AM, unit 115 Virtual ABI Calendar Quest 1:30PM – 3PM	17 23 rd Annual Survivor Conference Barrie	18 Drop-in 1PM – 3PM Unit 115	19	
22 Virtual Energy Conservation & Pacing 1PM-2PM	23 Walk & Connect 9:30AM – 11AM, unit 115 Virtual ABI Calendar Quest 1:30PM – 3PM	24	25 Creative Café 1PM – 3PM, Unit 115 Bowling @Bowlerama Barrie 1PM – 3PM	26	
29 Virtual Peer Support 10:30AM -11:30AM	30 Virtual ABI Calendar Quest 1:30PM – 3PM				

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Group Descriptions:	
Huntsville Peer Support 10:30AM – 12PM	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.
Brain Injury Awareness Calendar Quest Virtual 1PM – 3PM	Virtual on zoom A calendar will be sent out by the end of next week with activities to participate in your community throughout the month of June. Participate in activities and earn points! Each Tuesday at 1PM we will meet on zoom and learn about strategies and tools for living with an ABI.
Drop-in Lunch Outing @ One Eyed Jacks	165 Wellington Street West Barrie, ON L4N 1L7 Join us for a lunch outing at One Eyed Jacks from 1PM – 3PM. RSVP with Jenn Kidd by June 3rd! Meet at 121 Wellington st. w. unit 115 at 12:45PM to walk over or meet us at the restaurant at 1PM. Bring money to purchase your lunch (~\$20.00).
Brain Injury Awareness Flag Raising Ceremony 1PM – 2:30PM	Barrie City Hall – 70 Collier St. Join us to raise a flag for Brain Injury Awareness Month. This flag stands for resilience, for survivors, and for the families and communities who support them. Together we can make the invisible visible. Attendees are asked to wear blue and/or green
Walk & Connect: 8 Week Series 9:30AM – 11:30AM	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 and finish with a cool-down. Activator poles are optional and will be available (all abilities and paces welcome).
Drop-in 1PM – 3PM	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.
Energy Conservation & Pacing 1PM – 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.
Cooking with Confidence 1PM – 4PM	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 June 5th. Space is limited.
Orillia Summer Picnic 11AM – 2PM	140 Canice Park Orillia – Pavilion in Terry Fox Circle Register by June 5th Come Rain or Shine. Dress accordingly. Sandwiches, Salads and drinks will be served.
23rd Annual Survivor Conference	Wednesday June 17th, 9AM – 3PM. Ferndale Banquet Hall 24 Ferndale Industrial Dr, Barrie, ON, L4N 9V6 Tickets: \$25.00 Must be purchased by June 5th . No entrance at the door.

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Bowling 1PM – 3PM	Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at Bowlerama! \$15 includes bowling and shoe rental!
Creative Café 1PM – 3PM	121 Wellington St. W. Barrie, Unit 115 Join today's group to get creative and connect with others. We'll try out different simple, hands-on art activities - no experience needed, just come as you are and enjoy the process. Registration is required so we can have enough supplies ready. Please RSVP with Jenn Kidd by June 15th!
Virtual Peer Support 10:30AM – 11:30AM	Virtual on Zoom Meet with your peers to share your community information and helpful tips on living with a brain injury.