

August 2026 – Community Programs

See back for all program details including time & location.					
MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 TO REGISTER: Call or email Jenn jkidd@braininjuryservices.ca 705-734-2178 ext. 241 See back of calendar for program details. Thursday programs will be at 121 Wellington St. W. Unit 115 (main floor)
3 CIVIC HOLIDAY BIS closed	4	5	6 Mini Magnet Painting 10AM – 12PM Armchair Travel to France 1PM – 3PM	7	
10	11	12	13 Classic Board Games 10AM – 12PM Community Resource Challenge 1PM – 3PM	14	
17	18	19	20 Bocce Ball 10AM – 12PM Homemade Ice Cream 1PM – 3PM	21	
24	25	26	27 Music Trivia 10AM – 12PM Cognitive Games 1PM – 3PM	28	
31 Virtual Peer Support 10:30 – 11:30					

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Group Descriptions:	
Barrie Drop-In 1:00pm – 3:00pm	121 Wellington St. W. Barrie, Unit 115 Join us for a flexible and welcoming drop-in experience! Connect with others, participate in recreation activities aligned with our four Pillars of Health, or simply enjoy the space at your own pace. Scheduled activities are listed on the calendar, but participation is always optional - drop in when it works for you. Participants are welcome to bring their lunch.
Virtual Peer Support 10:30am – 11:30am	Zoom Meet with your peers to share your community information and helpful tips on living with a brain injury.
Coming soon!!	
12 Week Mindfulness Ambassador Program	This 12-week program will start on Friday September 18th, 9:30am – 10:30am You are welcome to attend in person at 121 Wellington St. W. Barrie, or on Zoom. Please let me know if you want your name added to the list for this program. Call for more information and details. Poster attached.
Book Club Beginning in September!	This program will begin Thursday September 10th and run every other week at 121 Wellington St. W. Unit 320! The goal is not to finish the book - the goal is to support reading confidence, comprehension, memory, and social connection – all reading abilities welcome! Stay tuned for more information on the September calendar!