

Community Programs



SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 <u>DROP-IN</u> Recreation Relay 10:00 – 12:00 PM Story Chain 1:00 – 3:00 PM	4
7 Labour Day! BIS Closed.	8 Learn the Barrie Bus System! 10:00–11:00 AM In Person	9	10 <u>DROP-IN</u> Community Resource Challenge 10:00 – 12:00 PM Armchair Travel to Brazil 1:00 – 3:00 PM	11
14	15 Learn the Barrie Bus System! 10:00–11:00 AM In Person	16 Huntsville Picnic 12:00 – 1:30PM	17 <u>DROP-IN</u> 3 Things Survival Game 10:00 – 12:00 PM Tower Building Competition 1:00 – 3:00 PM	18 BIS/MOD Picnic in the Park 11:00 –2:00 PM
21	22 Planning & Decision Making 1:30–3:00 PM In Person or Virtual	23	24 <u>DROP-IN</u> Junk Drawer Detective 10:00 – 12:00 PM Sun Print Art 1:00 – 3:00 PM	25 Mindfulness Ambassador Program 9:30–10:30 AM
28 Virtual Peer Support 10:30–11:30 AM	29 Planning & Decision Making 1:30–3:00 PM In Person or Virtual	30		

Brain Builders Book Club – Every other Thursday beginning September 10th

See back of calendar for details!

TO REGISTER

Call or email Jenn Kidd • 705-734-2178 ext. 241 • jkidd@braininjuryservices.ca

See page 2 for program details, locations and what to expect.

September Program Details



BRAIN BUILDERS BOOK CLUB

September 10 & 24 • 10:00–11:00 AM



September 10: Barrie Downtown Library



September 24: 121 Wellington St. W., Unit 315

Together we'll read short, engaging stories, share ideas, and enjoy great conversation in a welcoming environment.

WHY JOIN? The goal isn't to finish the book! Build reading confidence, comprehension and memory, keep your brain active, and connect with others.



LEARN THE BARRIE BUS SYSTEM

September 8 & 15 • 10:00–11:00 AM



121 Wellington St. W., Unit 315

Session 1: Learn how to use transit apps and navigate the Barrie bus system. **Session 2:** Put your skills into practice as we venture into the community and take the bus together!

WHY JOIN? Build confidence and independence with public transit while practicing planning, navigation, problem-solving and following directions.



THINK IT THROUGH: PLANNING & DECISION-MAKING

September 22 & 29 • 1:30–3:00 PM



In person at 121 Wellington St. W., Unit 315 or virtual

Through group discussion, worksheets and interactive activities, learn simple strategies for planning, organization, problem-solving and decision-making in everyday life.



BIS/MOD PICNIC IN THE PARK

September 18 • 11:00 AM–2:00 PM



Sunnidale Park, 265 Sunnidale Rd., Barrie

Sandwiches, salads and drinks will be served! Free parking — meet to the left of the playground. Please bring your own lawn chair. Friends and family welcome! RSVP by September 11.

WHY JOIN? Enjoy a community leisure activity, connect with others, get outdoors and practice participation in a relaxed setting.



MINDFULNESS AMBASSADOR PROGRAM

12 weeks • Begins September 25 • 9:30–10:30 AM



Virtual on Zoom

Join 12 engaging sessions of the Mindfulness Ambassador Program (MAP). Learn what mindfulness looks like, why it matters and how to build it into your life.

WHY JOIN? Develop a daily mindfulness practice, build communication skills, and increase coping and stress-management strategies.



VIRTUAL PEER SUPPORT

September 28 • 10:30–11:30 AM



Zoom Group

Meet with your peers to share community information and helpful tips on living with a brain injury.

WHY JOIN? Connect with peers, share ideas and learn from others living with brain injury.



Huntsville Picnic

September 16 • 12:00–1:30 PM



Avery Beach – Rotary Picnic Area - 2 Yonge Street North, Huntsville

Join us at Avery Beach for a fun afternoon picnic! **Brain Injury Services will provide the picnic lunch—you just need to show up and enjoy!**

Please let Cynthia know if you will be joining us **by September 8th**.