Community Programs

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Guest Speaker** Metis Nation of Ontario at the Huntsville Legion **10:30 AM - 12 PM**	**3** **ABI Education** Emotional Regulation **1:30 – 3:00 PM**	**4**	**5** DROP IN Watercolour Poppy Painting **10:00 – 12:00 PM** Connecting Through Recreation: Planning a Community Outing **1:00 – 3:00 PM**	**6**
9	**10** **ABI Education** Communication **1:30 – 3:00 PM**	**11**	**12** DROP IN Blank Slate Game **10:00 – 12:00 PM** Guinness World Record Challenges **1:00 – 3:00 PM**	**13**
16	**17**	**18**	**19** DROP IN The Price is Right & Cognitive Games **10:00 – 3:00 PM** Kitchen Confidence **1:00 – 4:00 PM** **Registration Required**	**20**
23	**24** **Be in the Know** Topic: Scams Virtual on Zoom **1:30 – 3:00 PM**	**25**	**26** DROP IN Benefits of Humour **10:00 – 12:00 pm** **Community Outing** (Time/Location TBD) **1:00 – 3:00 pm**	**27**
30 Virtual Peer Support **10:30 – 11:30 am**	**Save the date!** **BIS and March of Dimes Holiday Luncheon** **December 4th 11:30 – 2:30 PM $10/person**			

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

Community Programs

November Program Details

METIS NATION OF ONTARIO GUEST SPEAKER, HUNTSVILLE

November 2 • 10:30 AM – 12:00 PM

In person at Huntsville Legion – 21 Veterans Way Huntsville

We will meet upstairs at the Legion. An elevator is available if needed.

The session will include a presentation about Métis culture, followed by a craft activity where we'll make baby moccasins. All materials will be provided!

Please confirm your attendance, as space is limited to 10 participants.

BRAIN INJURY EDUCATION: EMOTIONAL REGULATION AND COMMUNICATION

November 3 & 10 • 1:30–3:00 PM

In person at 121 Wellington St. W., Unit 320 or virtual on Zoom

Through group discussion, worksheets and interactive activities, learn about acquired brain injury and strategies to support you.

VIRTUAL PEER SUPPORT

November 30 • 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.

KITCHEN CONFIDENCE

November 19 • 1:00–4:00 PM

In person at 121 Wellington St. W., 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 November 13th. Space is limited.**

COMMUNITY DROP-IN

Thursdays • 10:00 AM – 3:00 PM

In person at 121 Wellington St. W., 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.

Connecting Through Recreation & Community Outing

Thursday November 5th & 26th • 1:00 PM – 3:00 PM

In person at 121 Wellington St. W., Unit 115

Join us on November 5th as we plan our upcoming outing on November 26th! We'll discuss the steps involved, explore the benefits, and work together to prepare for a fun and successful outing

Be in the Know – Virtual Group

Tuesday November 24th • 1:30 PM – 3:00 PM

Virtual on Zoom

Join us for a virtual group exploring important information to help you navigate everyday life. Topics may include recognizing scams, tax information, community resources, and more. Each session will focus on a different topic, with opportunities to ask questions and learn together.

This month's topic: Scams

Have a topic you'd like to learn more about? Let us know! We welcome your suggestions to help shape future sessions.