





FEBRUARY 2020– RELATIONSHIP BUILDING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 DROP IN @ GROUP 10:00am-12:00pm GROUP IN NIAGARA 10:30am - 2:00pm SALVATION ARMY VOL 1:00pm -3:00pm (80 Bay St.) <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i> HAMILTON BULLDOGS VOL 1:30 - 2:30pm (101 York Blvd) WOMEN2WOMEN 1:00-2:30 pm <i>(Open Discussion & Potluck)</i>	4 <i>Group Open 10:00am - 3:00pm</i> <div> CLIENT MEETING 10:30am-11:00am </div> LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Tortellini & Salad BRAIN WORKOUT 1:30pm - 2:00pm	5 CLINIC WEDNESDAYS CASE COORDINATION: 10:00am-12:00pm BEHAVIOUR THERAPY 10:00am-11:00pm <i>Topic: Reviewing the Clinical Road Map</i> BRUNCH @ 11:00am <i>Eggs, Toast and Bacon (\$2.00)</i> DUNDAS LIBRARY ART EXHIBIT 1:00pm – 2:00pm (18 Ogilvie Dr.) <i>Leave with Group at 11:45 to take the bus</i> STARBUCKS - COFFEE & CHAT 2:00pm—3:00pm (112 King St E. Unit B)	6 GOOD SHEPHERD VOL 10:00am —12:00pm (155 Cannon St.) <i>Meet Group at 9:15 to walk.</i> Lunch @ Group (\$4.00) 12:30 - 1:00pm <i>Soup & Sandwich</i> THERAPEUTIC THURSDAY 1:00pm - 2:00pm <i>(Personal Improvements)</i> GLEE CLUB 2:00pm — 3:00pm	7 CREATIVE EXPRESSIONS 10:00am– 12:00pm Project: Relationship Collages Lunch @ 12:00pm (\$2.00) PET THERAPY WITH STANLEY  FUN FRIDAY 1:00pm-2:00pm Focus: February Jeopardy <div> FAMILY ENGAGEMENT DISCUSSION with Jen Hendry 5:00pm - 7:00pm Dinner: Lasagna & Salad (\$3.00) Games & Activities to Follow <i>*Family & Friends Event*</i> </div>
10 DROP IN @ GROUP 10:00am-12:00pm SALVATION ARMY VOL 1:00pm -3:00pm (80 Bay St.) <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i> HAMILTON BULLDOGS VOL 1:30pm - 2:30pm (101 York Blvd) WOMEN2WOMEN 1:00pm-2:30 pm <i>(Rock Talk)</i>	11 <i>Group Open 10:00am - 3:00pm</i> GET MOVING: Chair Dancing 10:30am - 11:00am LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Chicken Fajitas BRAIN WORKOUT 1:30pm - 2:00pm	12 CLINIC WEDNESDAYS CASE COORDINATION: 10:00am-12:00pm NURSING 10:00am-11:00pm <i>Topic: Canada's Food Guide</i> OPERATION WILD @ GROUP 11:00am –12:00pm Lunch @ 12:00pm \$2.00 (Omelettes & Home fries) BAKING BROWNIES & DIY GAME CREATION 1:00pm –3:00pm	13 GOOD SHEPHERD VOL 10:00am —12:00pm (155 Cannon St.) <i>Meet Group at 9:15 to walk.</i> Lunch @ Group (\$4.00) 12:30 - 1:00pm <i>Soup & Sandwich</i> THERAPEUTIC THURSDAY 1:00pm - 2:00pm <i>(Relationships)</i> VINYL CAFÉ @ GROUP 2:00pm — 3:00pm	14 CREATIVE EXPRESSIONS 10:00am– 12:00pm Project: Heart Love Lunch @ 12:00pm (\$2.00) FUN FRIDAY 1:00pm-2:00pm Focus: Love Song Matching <div> VALENTINES DAY POTLUCK 5:00pm—7:00pm <i>*Bring money if you would like to purchase Food or Snacks*</i> </div>
<div>  <div> Head Injury Rehabilitation Ontario </div> </div> <div>  <div> formerly Brain Injury Services Respect, Learning, Independence </div> </div> <div> GROUP SERVICES 225 King William St. Suite 508 www.HIRO.ca </div>				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 <div>GROUP CLOSED FOR FAMILY DAY</div>	18 <i>Group Open 10:00am - 3:00pm</i> GET MOVING: Strength Training 10:30am - 11:00am LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Pork Chops, Veggies & Potatoes BRAIN WORKOUT 1:30pm - 2:00pm	19 CLINIC WEDNESDAYS CASE COORDINATION: 10:00am-12:00pm GROUP CLOSED UNTIL LUNCH Lunch @12:00pm (\$2.00) (Pulled Pork on a Bun & Coleslaw) SOCIAL WORK 1:00pm-2:00pm Presentation: <i>Family Dynamics</i> POOL & EUCBRE TOURNAMENT 2:00pm - 3:00pm	20 GOOD SHEPHERD VOL 10:00am —12:00pm (155 Cannon St.) <i>Meet Group at 9:15am to walk.</i> Lunch @ Group (\$4.00) 12:30pm - 1:00pm <i>Soup & Sandwich</i> ARMCHAIR TRAVEL 1:00pm-2:00pm <i>(Africa)</i> GLEE CLUB 2:00pm — 3:00pm	21 CREATIVE EXPRESSIONS 10:00am- 12:00pm Project: Newsprint Heart Love Lunch @ 12:00pm (\$2.00) FUN FRIDAY 1:00pm-2:00pm Focus: Do you Hear Something <div>ASK ME ANYTHING With Perry Scott</div> 5:00pm—7:00pm Dinner: Pizza & Chips (\$5.00) <i>*Family & Friends Event*</i>
24 DROP IN @ GROUP 10:00am-12:00pm SALVATION ARMY VOL 1:00pm -3:00pm (80 Bay St.) <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i> HAMILTON BULLDOGS VOL 1:30pm - 2:30pm (101 York Blvd) WOMEN2WOMEN 1:00pm-2:30pm (Appreciation Tree)	25 <i>Group Open 10:00am - 3:00pm</i> PRESENTATION: <i>Client Handbook</i> (Presented by Jen Hendry) 10:30am - 11:00am LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Pancakes & Sausage BRAIN WORKOUT 1:30pm - 2:00pm	26 CLINIC WEDNESDAYS CASE COORDINATION: 10:00am-12:00pm NURSING 10:00am-11:00am <i>Ask Me Anything & Vitals</i> FUNNY VIDEOS DISCUSSION 11:00am - 12:00pm LUNCH @ BURRITO BOYS 12:30pm –1:30pm 66 King St. E (Approximately \$12.00) JACKSON SQUARE WALK 2:00pm—3:00pm 2 King St. W	27 GOOD SHEPHERD VOL 10:00am —12:00pm (155 Cannon St.) <i>Meet Group at 9:15 to walk.</i> Lunch @ Group (\$4.00) 12:30pm - 1:00pm <i>Soup & Sandwich</i> DROP IN @ GROUP 12:30pm-1:00pm MUSIC THERAPY 1:30pm — 2:30pm	28 CREATIVE EXPRESSIONS 10:00am- 12:00pm Project: For the Love of Painting Lunch @ 12:00pm (\$2.00) FUN FRIDAY 1:00pm-2:00pm Focus: Leapers & Hoppers <div>MEANINGFUL CONNECTIONS</div> 5:00pm - 7:00pm Dinner: Create a Pasta Bar (\$3.00) <i>Come and Learn new ways to connect with your Peers. Dessert will be served as part of programming after dinner.</i>
Contact Group Services for program information 905-523-8852 Steve Ewing, Case Facilitator @ ext. 131 (Cell Phone: 905-977-9552) sewing@hiro.ca Beth Astles, Recreation Therapist @ ext. 222 (Cell Phone: 905-977-7589) bastles@hiro.ca Perry Scott, Manager of Care @ ext.224 pscott@hiro.ca		Looking to Volunteer with Group? VOL Look for this logo to find Group Services volunteering opportunities. Speak with Steve for more Information	Accessibility All events are wheelchair accessible unless otherwise noted by this symbol  Programs are free unless otherwise noted	Group Activity Cards Any amount of money can be put on to an Activity Card. Speak with group staff for more information or to purchase a card.