






JUNE 2022 "Acquired Brain Injury Awareness Month"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div data-bbox="129 207 1026 620" data-label="Complex-Block"> <p>DAY of HIROS is BACK! Wednesday June 29, 2022 11:00am - 1:00pm Battlefield Park Please RSVP to Linda by June 20th</p> <p>Proof of Vaccination & Mask Required to Attend</p>   </div>		<div data-bbox="1115 186 1559 625" data-label="Complex-Block"> <p>1</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CHECK IN & CHAT 11:00am - 11:30am</p> <p>VIRTUAL TRIVIA 2:00pm - 3:00pm <i>(June Jeopardy)</i></p> </div>	<div data-bbox="1585 186 2056 625" data-label="Complex-Block"> <p>2</p> <p>THERAPEUTIC THURSDAY <i>ABI Awareness Poster & Discussion</i> 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p> </div>	<div data-bbox="2069 186 2567 625" data-label="Complex-Block"> <p>3</p> <p>CREATIVE EXPRESSION <i>PROJECT: Create A Brain</i> 10:00am - 12:00pm</p> <p>FUN FRIDAYS <i>What do you Hear?</i> 1:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT <i>Current Events & Chat</i> 6:00pm—7:00pm</p>  </div>
<div data-bbox="102 649 564 1088" data-label="Complex-Block"> <p>6</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>(Open Discussion)</i></p>  </div>	<div data-bbox="577 649 1061 1088" data-label="Complex-Block"> <p>7</p> <p>CLIENT MEETING  10:00am - 11:00am</p> <p>FAMILY & FRIENDS EVENT - VIRTUALLY</p> <p>PAINT BY NUMBER 11:00am - 12:00pm</p> <p>BATTLEFIELD & ART in the PARK <i>(77 King St. W- Leave with Group at 12:15 to take the bus)</i> 1:30pm - 3:00pm Walk & Art in the Gazebo</p> </div>	<div data-bbox="1075 649 1572 1088" data-label="Complex-Block"> <p>8</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Yoga)</i></p> <p>VIRTUAL CLINIC WEDNESDAY 11:00am - 11:30am NURSING: <i>Vitamins & Minerals</i></p> <p>FAMILY & FRIENDS EVENT</p> <p>VIRTUAL CREATIVE EXPRESSIONS 1:00pm - 2:00pm <i>(Sensory Art)</i></p> </div>	<div data-bbox="1585 649 2056 1088" data-label="Complex-Block"> <p>9</p> <p>THEME THURSDAY <i>Pride Celebration</i> 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p> </div>	<div data-bbox="2069 649 2567 1088" data-label="Complex-Block"> <p>10</p> <p>CREATIVE EXPRESSION <i>PROJECT: Express Yourself Art</i> 10:00am - 12:00pm</p> <p>FUN FRIDAYS <i>Jenga Competition</i> 1:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT <i>Game Show Night</i> 6:00pm—7:00pm</p>  </div>
<div data-bbox="102 1096 564 1542" data-label="Complex-Block"> <p>13</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>WOMEN2WOMEN  1:00pm - 2:30pm <i>(Recipe Swap)</i></p> </div>	<div data-bbox="577 1096 1061 1542" data-label="Complex-Block"> <p>14</p> <p>BOWLING @ MOUNTAIN LANES <i>(335 Upper Wentworth—Meet at Bowling)</i> 10:30am - 11:30am \$9.00 for bowling & Shoes</p> <p>BRAIN WORK-OUT 1:00pm - 2:00pm</p> <p>IN MY HEAD ART 2:00pm - 3:00pm</p> </div>	<div data-bbox="1075 1096 1572 1542" data-label="Complex-Block"> <p>15</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CLINIC WEDNESDAY SOCIAL WORK: <i>Positive Thinking Skills</i></p> <p>FAMILY & FRIENDS EVENT</p> <p>SHORT STORY REFLECTION 1:00pm - 2:00pm</p> </div>	<div data-bbox="1585 1096 2056 1542" data-label="Complex-Block"> <p>16</p> <p>THERAPEUTIC THURSDAY <i>Inclusion and Acceptance</i> 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p> </div>	<div data-bbox="2069 1096 2567 1542" data-label="Complex-Block"> <p>17</p> <p>CREATIVE EXPRESSION <i>PROJECT: Brain Break Dice</i> 10:00am - 12:00pm</p> <p>MULTI-AGENCY EVENT <i>Join Us In-Person or Virtually</i> 1:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT <i>All About Me</i> 6:00pm—7:00pm</p>  </div>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>(Celebrate You)</i></p> 	<p>21</p> <p>BRAIN WORK-OUT 10:00am - 11:00am</p> <p>SELF CARE & PAMPERING 11:00am - 12:00pm</p> <p>MCQUESTEN PARK WALK <i>(1199 Upper Wentworth—leave at 12:15 to take the bus)</i> 1:30pm - 3:00pm <u>Walk & Games in the Park</u></p>	<p>22</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Yoga)</i></p> <p>VIRTUAL CHECK IN & CHAT 11:00am - 11:30am</p> <p>VIRTUAL DOCUMENTARIES & DISCUSSION 1:00pm - 2:00pm <i>(ABI Stories and Experiences)</i></p>	<p>23</p> <p>THEME THURSDAY <i>June Jeopardy</i> 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p>	<p>24</p> <p>CREATIVE EXPRESSION <i>PROJECT: Emotions Portrait</i> 10:00am - 12:00pm FUN FRIDAYS <i>Afternoon Movie—To Be Determined</i> 1:00pm - 3:00pm</p> <p style="background-color: yellow; padding: 5px;">BRANTFORD GROUP 1:30pm - 3:00pm Theme: Self Depiction Art Mohawk Park—51 Lynnwood Dr.</p> <p style="background-color: lightblue; padding: 5px;">VIRTUAL FRIDAY NIGHT <i>Music Therapy</i> 6:00pm—7:00pm</p> 
<p>27</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>(Expectations)</i></p> 	<p>28</p> <p>BRAIN WORK-OUT 10:00am - 11:00am</p> <p>TAKE HOME PERSONAL BAKING 11:00am - 12:00pm</p> <p>GAGE PARK WALK & SPORTS <i>(1000 Main St. East—off Lawrence Rd. Parking Lot)</i> <i>Leave from group at 12:30 to take the bus</i> 1:30pm - 3:00pm</p>	<div style="background-color: #4a4a8a; color: white; padding: 10px; text-align: center;"> <p>DAY of HIROS</p> <p>June 29, 2022 11:00am - 1:00pm Battlefield Park</p>  </div>	<p>30</p> <p>THERAPEUTIC THURSDAY <i>Share Your ABI Story</i> 10:00am - 12:00pm</p> <p>GET MOVING 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p>	<p style="font-size: 2em; font-weight: bold;">Don't Forget to Vote on June 2nd!</p>  <p><i>Speak to a Group staff for questions about voting locations.</i></p>

For Information, Contact a GROUP STAFF

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Head Injury
Rehabilitation
Ontario

A Promise of Hope After ABI