

October 2020 Group Schedule

Brain Injury Society

ACTIVITIES LOCATIONS:

Tuesday **Heads Up Stroke Group** & **ABI Moving Forward Support**
2575 South Main unit 137
Thursday **ABI Moving Forward Group**: 2575 South Main unit 137
Monday: **Yoga**: 102-100 Nanaimo Ave East



Brain Injury Society
Education • Support • Housing

Mon	Tue	Wed	Thu	Fri
Brain Injury Society office hours Monday to Friday: 9:30 a.m. - 3:30 p.m. Closed during the noon hour, weekends and statutory holidays				
5 Yoga 12:00-1:00	6 Heads Up Stoke Group 10:00 - 11:30 Moving Forward Support Group 1:30-3:00	7	8 ABI Moving Forward Support Group 10:30-12:00	9
12  Happy THANKSGIVING Day	13 Heads Up Stoke Group 10:00 - 11:30 Moving Forward Support Group 1:30-3:00	14 Writing out loud Zoom online 2:00-3:00	15 ABI Moving Forward Support Group 10:30-12:00	16
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