



# Let's Connect this February 2022

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Please note: Coloured Zoom Links indicate different zoom log number

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
		1 <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Let's Walk</b> 1:00-2:00 pm	2 <b>Let's Get Healthy</b> 10:00-11:30 pm (Brain and Body Function) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	3 <b>Rebuilding</b> 10: 00-11:30 am <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Explore Art</b> 1:00—3: 00 pm	4 <b>Men's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Women's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/4115089393">https://us02web.zoom.us/j/4115089393</a> <b>Soup's on at 12:00</b>	5
6	7	8 <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Intro to Brain Injury</b> 1:00-2:30 pm <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Walk</b> 1:00-2:00 pm <b>Let's Talk about Caregiving</b> 7:00-8:00pm <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a>	9 <b>Let's Get Healthy</b> 10:00-11:30 pm (Nutrition) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>  Let's Dine Out Call to RSVP 12:-00-1:00 pm	10 <b>Rebuilding</b> 10: 00-11:30 am <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Explore Art</b> 1:00—3: 00 pm 	11 <b>Men's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Women's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/4115089393">https://us02web.zoom.us/j/4115089393</a> <b>Soup's on at 12:00</b>	12
13	14	15 <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Intro to Brain Injury</b> 1:00-2:30 pm <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Walk</b> 1:00-2:00 pm	16 <b>Let's Get Healthy</b> 10:00-11:30 pm (Exercise) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	17 <b>Rebuilding</b> 10: 00-11:30 am <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Explore Art</b> 1:00—3: 00 pm	18 <b>Men's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Women's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/4115089393">https://us02web.zoom.us/j/4115089393</a> <b>Soup's on at 12:00</b>	19
20	21	22 <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a> <b>Intro to Brain Injury</b> 1:00-2:30 pm <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Walk</b> 1:00-2:00 pm	23 <b>Let's Get Healthy</b> 10:00-11:30 pm (Mental Health and Sleep) <a href="https://zoom.us/j/4115089393">https://zoom.us/j/4115089393</a>	24 <b>Rebuilding</b> 10: 00-11:30 am <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Explore Art</b> 1:00—3: 00 pm	25 <b>Men's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Women's Group</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/4115089393">https://us02web.zoom.us/j/4115089393</a> <b>Soup's on at 12:00</b> <b>Let's Celebrate Birthdays and Successes</b>	26
27	28 <b>Let's Talk to the Director</b> 1:00 –2:00 pm	--	<b>Let's Talk Aphasia and Let's Move (neurorehab equipment) by appointment only.</b>	<b>"The kindest thing to do is be patient and gentle with yourself."</b> - Unknown		