






Let's Connect this April 2022

PHONE: 250-597-4662

Email: admin@cowichanbraininjury.org

Please note: Coloured Zoom Links indicate different zoom log number

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p><i>"The best weight you'll ever lose is the weight of other people's opinions of you."</i></p> <p> - Unknown</p>				<p>1 Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393</p> <p>Soup's on at 12:00</p>	2
3	4	5 <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Intro to Brain Injury 1:00-2:30 pm</p> <p>Let's Walk 1:00-2:00 pm</p>	6 Let's Get Healthy 10:00-11:30 pm (Brain and Body Function) https://zoom.us/j/4115089393	7 <p>Rebuilding 10:00-11:30 am https://us02web.zoom.us/j/9516088047</p> <p>Let's Explore Art 1:00—3:00 pm</p>	8 <p>Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393</p> <p>Soup's on at 12:00</p>	9
10	11	12 <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Intro to Brain Injury 1:00-2:30 pm</p> <p>Let's Walk 1:00-2:00 pm</p> <p>Let's Talk about Caregiving 7:00-8:00pm https://zoom.us/j/4115089393</p>	13 <p>Let's Get Healthy 10:00-11:30 pm (Nutrition) https://zoom.us/j/4115089393</p> <p>Let's Dine Out Call to RSVP 12:-00-1:00 pm</p>	14 <p>Rebuilding 10:00-11:30 am https://us02web.zoom.us/j/9516088047</p> <p>Let's Explore Art 1:00—3:00 pm</p>	15 <p>GOOD FRIDAY! CBIS CLOSED</p>	16
17	18 <p>HOPPY EASTER! CBIS CLOSED</p> 	19 <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Intro to Brain Injury 1:00-2:30 pm</p> <p>Let's Walk 1:00-2:00 pm</p>	20 <p>Let's Get Healthy 10:00-11:30 pm (Exercise) https://zoom.us/j/4115089393</p>	21 <p>Let's Explore Art 1:00—3:00 pm</p> 	22 <p>Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393</p> <p>Soup's on at 12:00</p>	23
24	25 <p>Let's Talk to the Director 1:00 —2:00 pm</p>	26 <p>Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Let's Walk 1:00-2:00 pm</p>	27 <p>Let's Get Healthy 10:00-11:30 pm (Mental Health) https://zoom.us/j/4115089393</p>	28 <p>Let's Explore Art 1:00—3:00 pm</p>	29 <p>Men's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/4115089393</p> <p>Soup's on at 12:00 Let's Celebrate Birthdays and Successes</p>	30