







# Let's Connect this February 2023

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><b>February is Recreational Therapy Month!</b> Join us for our Kitchen Party February 13 to celebrate!</p>			<p><b>1 Healing Connections</b> 10:00-11:30 am <i>Communication after Brain Injury Part 1</i> <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a></p>	<p><b>2 Rebuilding</b> 10-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a></p>	<p><b>3 Peer Social</b> 10:00 - 11:30 am <b>Soup's On</b> 11:30am - 12:30 pm</p>	<p><b>4 Bottle Drive</b> 9-4 pm <b>Island Return It</b> Duncan (Norcross Rd)</p>
<p><b>5</b></p>	<p><b>6</b> <i>Winter GoByBike Week in BC!</i> <i>February 6-12</i></p> 	<p><b>7</b> <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Toolbox</b> 10-11:30 am <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Talk S.A.D.</b> 1:30-3:00 pm</p>	<p><b>8 Healing Connections</b> 10:00-11:30 am <i>Communication after Brain Injury Part 2</i> <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Let's Dine Out</b> 12-1 pm @ Oak Taphouse <b>Aphasia Cafe</b> 1:30-3:00 pm <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a></p>	<p><b>9</b> <b>Rebuilding</b> 10-11:30 am <i>At Community Centre</i></p>	<p><b>10</b> <b>Peer Social</b> 10:00 - 11:30 am <b>Soup's On</b> 11:30am - 12:30 pm</p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b> <b>Kitchen Party</b> 1:30-3:30 pm Cowichan Community Centre (Genoa Studio) 2687 James St.</p>	<p><b>14</b> <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Toolbox</b> 10-11:30 am <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Talk S.A.D.</b> 1:30-3:00 pm</p>  	<p><b>15 Healing Connections</b> 10:00-11:30 am <b>Self Awareness</b> <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Aphasia Cafe</b> 1:30-3:00 pm <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a></p>	<p><b>16</b> <b>Rebuilding</b> 10-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Let's Talk About Caregiving</b> 1:00-2:00 pm</p>	<p><b>17</b> <b>Peer Social</b> 10:00 - 11:30 am <i>Vision Board Making</i> <b>Soup's On</b> 11:30am - 12:30 pm</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b> <b>Family Day</b> <b>Office Closed</b></p>	<p><b>21</b> <b>Let's Walk and Talk</b> 9-9:30 am <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Toolbox</b> 10-11:30 am <a href="https://us02web.zoom.us/j/9516088047">https://us02web.zoom.us/j/9516088047</a> <b>Let's Talk S.A.D.</b> 1:30-3:00 pm</p>	<p><b>22</b> <b>Let's Walk and Talk</b> 9-9:30 am <b>Healing Connections</b> 10:00-11:30 am <i>Trauma and PTSD</i> <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Aphasia Cafe</b> 1:30-3:00 pm <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a></p>	<p><b>23</b> <b>Let's Walk and Talk</b> 9-9:30 am <b>Rebuilding</b> 10-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a></p>	<p><b>24</b> <b>Let's Walk and Talk</b> 9-9:30 am <b>Peer Social</b> 10:00 - 11:30 am <b>Soup's On</b> 11:30am - 12:30 pm</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b> <b>Let's Walk and Talk</b> 9-9:30 am</p>	<p><b>28</b> <b>Let's Walk and Talk</b> 9-9:30 am <b>Let's Get Brain Fit</b> 10:00-11:30 am <a href="https://us02web.zoom.us/j/3329368295">https://us02web.zoom.us/j/3329368295</a> <b>Let's Talk S.A.D.</b> 1:30-3:00 pm</p>			<p>Scan QR Code to get to our Website!</p> 