





Let's Connect this March 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
 <h2>March is National Brain Health Awareness Month!</h2> 			1 Healing Connections 10:00-11:30 am <i>Trauma and PTSD Part 2</i> https://us02web.zoom.us/j/3329368295 Aphasia Cafe 1:30-3:00 pm https://us02web.zoom.us/j/3329368295	2 Let's Walk, Talk, and have a coffee with Sarah 9:30-10:30 am Rebuilding 10-11:30 am https://us02web.zoom.us/j/3329368295	3 Peer Social 10:00 - 11:30 am Soup's On 11:30am - 12:30 pm Let's Do Karaoke 12:30-2pm	4 Let's Play Music with Leah 1:30-3pm
5 Let's Do Art with Sarah 1:30-3pm	6 Men's Shed Information Session 1:30-3:00 pm https://us02web.zoom.us/j/4115089393	7 Let's Get Brain Fit 10:00-11:30 am https://us02web.zoom.us/j/3329368295 Introduction to Brain Injury 10-11:30 am https://us02web.zoom.us/j/9516088047 Let's Talk S.A.D. 1:30-3:00 pm	8 Healing Connections 10:00-11:30 am <i>The Aging Brain</i> https://us02web.zoom.us/j/3329368295 Let's Dine Out 12-1 pm @ The Doghouse Aphasia Cafe 1:30-3:00 pm	9 Let's Walk, Talk, and have a coffee with Sarah 9:30-10:30 am Rebuilding 10-11:30 am <i>At Community Centre</i>	10 Peer Social 10:00 - 11:30 am Soup's On 11:30am - 12:30 pm Let's Do Karaoke 12:30-2pm	11 Let's Play Music with Leah 1:30-3pm
12 Let's Do Art with Sarah 1:30-3pm	13 Let's Talk Re-creation (Stages of Grief) 1-2:30 pm	14 Let's Get Brain Fit 10:00-11:30 am https://us02web.zoom.us/j/3329368295 Introduction to Brain Injury 10-11:30 am https://us02web.zoom.us/j/9516088047 Let's Talk S.A.D. 1:30-3:00 pm	15 Healing Connections 10:00-11:30 am <i>Stress</i> https://us02web.zoom.us/j/3329368295 Aphasia Cafe 1:30-3:00 pm	16 Let's Walk, Talk, and have a coffee with Sarah 9:30-10:30 am Rebuilding 10-11:30 am https://us02web.zoom.us/j/3329368295 Let's Talk About Caregiving 1:00-2:00 pm	17 Peer Social 10:00 - 11:30 am Soup's On 11:30am - 12:30 pm Kitchen Party 12 pm-2pm <i>CBIS 4th Birthday!</i>	18 Let's Play Music with Leah 1:30-3pm
19 Let's Do Art with Sarah 1:30-3pm	20 Let's Talk Re-creation (Stages of Grief) 1-2:30 pm International Day of Happiness Draw for a prize @ 3pm	21 Let's Get Brain Fit 10:00-11:30 am https://us02web.zoom.us/j/3329368295 Introduction to Brain Injury 10-11:30 am https://us02web.zoom.us/j/9516088047 Let's Talk S.A.D. 1:30-3:00 pm	22 *PWD Pay Day Healing Connections 10:00-11:30 am <i>Anxiety</i> https://us02web.zoom.us/j/3329368295 Aphasia Cafe 1:30-3:00 pm	23 Let's Walk, Talk, and have a coffee with Sarah 9:30-10:30 am Rebuilding 10-11:30 am https://us02web.zoom.us/j/3329368295	24 Peer Social 10:00 - 11:30 am Soup's On 11:30am - 12:30 pm Let's Get Crafty 12:30-2pm	25 Let's Play Music with Leah 1:30-3pm
26 Let's Do Art with Sarah 1:30-3pm	27 Men's Shed Information Session 1:30-3:00 pm https://us02web.zoom.us/j/4115089393	28 Let's Get Brain Fit 10:00-11:30 am https://us02web.zoom.us/j/3329368295 Let's Talk S.A.D. 1:30-3:00 pm	29 *CPPD Pay Day Healing Connections 10:00-11:30 am <i>Depression</i> https://us02web.zoom.us/j/3329368295 Aphasia Cafe 1:30-3:00 pm	30 Let's Walk, Talk, and have a coffee with Sarah 9:30-10:30 am Rebuilding 10-11:30 am https://us02web.zoom.us/j/3329368295	31 Peer Social 10:00 - 11:30 am Soup's On 11:30am - 12:30 pm Let's Celebrate Birthdays and Successes Happiness Draw Prize @ 1pm	Upcoming Event May 13: Golf Tournament Contact Leah to enter a team