





CBIS Email: admin@cowichanbraininjury.org

Teaching House April 2024

PHONE: 250-856-1248

6011 Cassino Rd, Duncan

April is Stress Awareness Month!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
 Scan QR Code to access our website	1 Happy Easter! Office Closed 	2 Let's Get Brain Fit 10 :00-11:30 am on <u>Zoom</u> Let's Do Art with Bev Herriott— Artist 10-Noon 11-Noon Let's Play	3 Let's Walk 1-2 pm Aphasia Café 1-2:30 pm Caregiver's Café 1-2:30 pm	4 Men's Shed 10:30-Noon Drum and Sing 1:30-2:30 pm	5 Let's Do Yoga with Jess the OT 3-4 pm	6
7	8 She Shed 1:30-3:00 pm	9 Let's Get Brain Fit 10 :00-11:30 am <u>on Zoom</u> 11-Noon Let's Play (Last Ses- sion)	10 Let's Walk 1-2 pm (Last Session) Aphasia Café 1-2:30 pm	11 Men's Shed 10:30-Noon Drum and Sing 1:30-2:30 pm	12 Cancelled—Let's Do Yoga with Jess the OT 3-4 pm	13
14	15 She Shed 1:30-3:00 pm	16 Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u> Let's Do Art with Bev Herriott—Artist 10-Noon	17 <i>*PWD Pay Day</i> Aphasia Café 1-2:30 pm Virtual Caregiver's Café 6-7 pm	18 Men's Shed 10:30-Noon Cancelled: Drum and Sing 1:30-2:30 pm	19 Let's Do Yoga with Jess the OT 3-4 pm (Last Session)	20
21	22 She Shed 1:30-3:00 pm	23 Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u>	24 Aphasia Café 1-2:30 pm	25 Men's Shed 10:30-Noon Drum and Sing 1:30-2:30 pm	26 <i>*CPPD Pay Day</i>	27
28	29 She Shed 1:30-3:00 pm Let's Talk with Executive Director 3-4 pm	30 Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u> Let's Do Art with Bev Herriott—Artist 10-Noon				