



Let's Connect this June 2021

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Please note: Coloured Zoom Links indicate different zoom log number

CBIS n	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
★	<p><i>Provincial Health Officer Order now has CBIS group programming open but we will continue with ZOOM as another option.</i></p>	<p>1 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Let's Talk about Caregiving 6:00-7:30pm https://us02web.zoom.us/j/9516088047</p>	<p>2 Let's Get Healthy 10:00-11:30 pm (Function of the Body & Brain) https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>3 Let's Talk Mental Health 10:00-11:30 pm (Unhealthy Thinking Styles) https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>4 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393 Women's Group 10:00-11:30 am On-Site</p>	5
6	<p>7 Intro to Brain Injury Session #1 10:00-11:30 am https://us02web.zoom.us/j/83093239943</p>	<p>8 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>9 Let's Get Healthy 10:00-11:30 pm (Nutrition) https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>10 Let's Talk Mental Health 10:00-11:30 pm (Unhealthy Thinking Styles) https://zoom.us/j/4115089393</p>	<p>11 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393 Women's Group 10:00-11:30 am On-Site</p>	12
13	<p>14 Intro to Brain Injury Session #2 10:00-11:30 am https://us02web.zoom.us/j/83093239943 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>15 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Let's Talk about Caregiving 6:00-7:30pm https://us02web.zoom.us/j/9516088047</p>	<p>16 Let's Get Healthy 10:00-11:30 pm (Exercise - Physical & Cognitive) https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>17 Let's Talk Mental Health 10:00-11:30 pm (Unhealthy Thinking Styles) https://zoom.us/j/4115089393</p>	<p>18 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393 Women's Group 10:00-11:30 am On-Site</p>	19
20	<p>21 Intro to Brain Injury Session #3 10:00-11:30 am https://us02web.zoom.us/j/83093239943</p>	<p>22 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>23 Let's Get Healthy 10:00-11:30 pm (Sleep) https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>24 Let's Talk Mental Health 10:00-11:30 pm (Unhealthy Thinking Styles) https://zoom.us/j/4115089393 Let's Get Mindful 1:00-2:30 pm https://zoom.us/j/4115089393</p>	<p>25 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393 Women's Group 10:00-11:30 am On-Site</p>	26
27	<p>28 Let's Have Input! (What do you want?) 10:00-11:30 am https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>29 Let's Get Brain Fit 10:00-11:30 am https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>30 Let's Get Healthy 10:00-11:30 pm (Healthy Balanced Lifestyle) https://zoom.us/j/4115089393 Drop-In 1-2:30 PM CBIS Backyard Let's Do Gardening</p>	<p>Tongue Twister Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy, was he?</p>	<p>Saturday June 26th 9 am—3 pm 1st Annual Spring Yard Sale at 6011 Cassino Rd. (Please let us know if you have any items to donate.)</p>	
	<p>"In every day, there are 1,440 minutes.</p>	<p>That means we have 1,440 daily opportunities to make</p>	<p>a positive impact." Les Brown, Author</p>		<p>Brain on Wheels — Bringing community rehab to your door.</p>	

