






Let's Connect this November 2021

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>1</p> <p>Toolbox</p> <p>Healthy Strategies after Brain Injury</p> <p>Call to Register</p>	<p>2 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>	<p>3 Let's Get Healthy 10:00-11:30 pm (Function of the Body & Brain) https://zoom.us/j/4115089393</p>	<p>4 Rebuilding 10: 00-11:30 am Let's Walk 10:00-11:00 am Soups on at 12:00 Let's Play Music 1:00-2:00 pm</p>	<p>5 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p>	<p>6</p> <p>10:30-12:30 Let's Do Art \$20.00</p>
7	<p>8</p> <p>Toolbox</p> <p>Healthy Strategies after Brain Injury</p> <p>Call to Register</p>	<p>9 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>	<p>10 Let's Get Healthy 10:00-11:30 pm (Nutrition) https://zoom.us/j/4115089393</p> <p>11:30 –1:00 PM Let's Dine Location: TBA</p>	 <p>CBIS IS CLOSED FOR REMEMBRANCE DAY</p>	<p>12 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p>	<p>13</p> <p>10:30-12:30 Let's Do Art \$20.00</p>
14	<p>15</p> <p>Toolbox</p> <p>Healthy Strategies after Brain Injury</p> <p>Call to Register</p>	<p>16 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 Let's Talk about Caregiving 1:00-2:30 pm https://us02web.zoom.us/j/9516088047</p>	<p>17 Let's Get Healthy 10:00-11:30 pm (Physical & Cognitive) https://zoom.us/j/4115089393</p>	<p>18 Rebuilding 10: 00-11:30 am Let's Walk 10:00-11:00 am Soups on at 12:00 Let's Play Music 1:00-2:00 pm</p>	<p>19 Men's Group 10:00-11:30 am https://zoom.us/j/4115089393</p> <p>Women's Group 10:00-11:30 am https://us02web.zoom.us/j/3329368295</p>	<p>20</p> <p>10:30-12:30 Let's Do Art \$20.00</p> 
21	<p>22</p> <p>Toolbox</p> <p>Healthy Strategies after Brain Injury</p> <p>Call to Register</p>	<p>23 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>	<p>24 Let's Get Healthy 10:00-11:30 pm (Mental Health & Sleep) https://zoom.us/j/4115089393</p> <p>1:00 –3:00 PM Let's Go Out and About</p>	<p>25 Rebuilding 10: 00-11:30 am Let's Walk 10:00-11:00 am Soups on at 12:00</p> <p>Let's Play Music 1:00-2:00 pm 2nd Annual General Meeting 4:00 pm</p>	<p>26 Clash of the Genders BRAINS VS BRAUNS 10-11:30 am Let's Celebrate Birthdays and Successes 1:30-3:30 pm Let's Watch Movies 1:00—3:00 pm</p>	<p>21</p> <p>10:30-12:30 Let's Do Art \$20.00</p>
28	<p>29</p> <p>Let's talk to the Director 1:00-2:00Pm https://zoom.us/j/4115089393 Drop-In or Zoom</p>	<p>30 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>	<p>Rebuilding Life after Brain injury (24 Week Program) Start Date: Nov 4th in the Quamichan Room Cowichan Community Center</p> 	<p><i>"We are cups, constantly and quietly being filled. The trick is knowing how to tip ourselves over and let the beautiful stuff out."</i></p> <p>-Ray Bradbury</p>	<p><u><i>Let's Talk Aphasia and Let's Move (neurorehab equipment) by appointment only.</i></u></p>	