

# OCTOBER 2018

## WEEKLY PROGRAM

### Every Monday - Not So Blue Mondays

No program on Oct 8 Thanksgiving Holiday

1 -3 pm | **NO REGISTRATION REQUIRED**

## #BISTUESDAYS

### Oct 2 - ABI Support Group

6:30 - 8 pm | **REGISTRATION REQUIRED**

**VIRTUAL ATTENDANCE OPTION AVAILABLE**

Ages 26 & older

### Oct 9 - Social Drop-In

1 - 3 pm | **NO REGISTRATION REQUIRED**

### Oct 16 - BIST Goes to the AGO

12:45 - 3 pm | **REGISTRATION REQUIRED**

Art Gallery of Ontario, 317 Dundas St West

## #BISTWEDNESDAYS

### Oct 17 - Young Adult Support Group

6:30 - 8 pm | **NO REGISTRATION REQUIRED**

Ages 17- 29

### Oct 17 - Parent Support Group

6:30 - 8 pm | **NO REGISTRATION REQUIRED**

### Oct 31 - Community Meeting & Halloween Party

6 - 8 pm | **PLEASE RSVP**

Deer Park Library, RM 204

40 St Clair Ave E

## WOMEN'S GROUP

### NEW Oct 18 - Women's Support Group

7 - 8 pm | **REGISTRATION REQUIRED**

# PROGRAM DESCRIPTIONS

## WEEKLY PROGRAM

### Mondays, 1-3 pm - Not So Blue Mondays

Create & present your own work - music, poetry or short stories

at our **NEW** Creative Drop-In.

## #BISTUESDAYS

### 1st Tuesday - ABI Support Group

Meet other adults 26 years & older. Chat about your ABI challenges & successes in a group facilitated by a Social Worker.

### 2nd Tuesday - Social Drop-In

Come join the conversation, have a coffee, meet new people & new ways to be an ABI Survivor / Thriver.

### 3rd Tuesday - Community Outings

Go on a **FREE** community outing to a Toronto attraction such as the AGO or the movies. After, we meet for coffee, tea & chat.

## #BISTWEDNESDAYS

### 3rd Wednesday - Young Adult Support Group

Get support & learn new tools for coping. Facilitated by a Social Worker. Ages 17-29

### 3rd Wednesday - Parent Support Group

Meet other parents of kids with ABI ages 12 & up, including adult.

### Last Wednesday - Peer Led Caregiver Support Group

A peer-led group for caregivers of people living with ABI.

### Last Wednesday - Community Meeting

Learn about a topic related to brain injury, presented by a guest speaker. Learn, chat & snack.

## WOMEN'S GROUP

### 3rd Thursday - Women's Support Group

Connect with other women living with ABI in a support group.



[www.bist.ca](http://www.bist.ca) | 416.830.1485


40 St. Clair Ave East #205

Toronto, ON, M4T 1M9


## PROGRAMS & SERVICES

**October - December 2018**



 @braininjurytoronto

 @BrainInjurySocietyTO

 @BrainInjuryTO

# FALL WORKSHOP

## ABI & SEXUALITY

### Saturday Nov 17

10 - 12 pm | REGISTRATION REQUIRED

Deer Park Library, RM 204

40 St Clair Ave E

Register: [www.bist.ca/abi-sexuality](http://www.bist.ca/abi-sexuality) OR 416-830-1485

**A talk about healthy sexual practice after brain injury.**

## CONCUSSION SERIES

### Mondays, 6:30 - 8 pm - Begins Oct 15

8-week series, runs October 15 - December 3

6:30 - 8 pm | **MUST ATTEND ALL 8 SESSIONS**

**Learn how to cope with persistent concussion symptoms.**

## SOCIAL WORK SUPPORT

### Thursday afternoons

BIST Social Work students are available to assist with resource finding, administration forms & general paperwork.

Contact [info@bist.ca](mailto:info@bist.ca) or 416-830-1485 to book an appointment.

### PROGRAM REGISTRATION

Registration is required for some programs.

To register:

- Go to [www.bist.ca](http://www.bist.ca).
- Follow the links for registration.
- If Internet access is a barrier call: 647-990-1485.

### UNLESS OTHERWISE NOTED, ALL PROGRAMS TAKE PLACE AT BIST

40 St. Clair Ave East #205  
East of Yonge, North side of St. Clair  
Above the Deer Park Library

Program information may change. Please go to [www.bist.ca](http://www.bist.ca) or call 647-990-1485 for up-to-date information.

# NOVEMBER 2018

## WEEKLY PROGRAM

**Every Monday - Not So Blue Mondays**

1 - 3 pm | **NO REGISTRATION REQUIRED**

## #BISTUESDAYS

**Nov 6 - ABI Support Group**

6:30 - 8 pm | **REGISTRATION REQUIRED**

**VIRTUAL ATTENDANCE AVAILABLE**

Ages 26 & older

**Nov 13 - Social Drop-In**

1 - 3 pm | **NO REGISTRATION REQUIRED**

**Nov 20 - BIST Goes to the Movies**

12:45 pm - 3 pm | **REGISTRATION REQUIRED**

Location: To Be Determined

## #BISTWEDNESDAYS

**Nov 21 - Young Adult Support Group**

6:30 - 8 pm | **NO REGISTRATION REQUIRED**

Ages 17 - 29

**Nov 21- Parent Support Group**

6:30 - 8 pm | **NO REGISTRATION REQUIRED**

**Nov 28 - Community Meeting**

6 - 8 pm | **NO REGISTRATION REQUIRED**

Deer Park Library, RM 204

40 St Clair Ave E

**TOPIC:** Essential Oils & ABI with Rose-Ann Partridge.

**Nov 28 - Peer Led Caregiver Support Group**

6:30 - 8:30 pm | **NO REGISTRATION REQUIRED**

## WOMEN'S GROUP

**Nov 15 - Women's Support Group**

7 - 8 pm | **REGISTRATION REQUIRED**

# DECEMBER 2018

## WEEKLY PROGRAM

**Every Monday - Not So Blue Mondays**

No program on December 24 & 31 Holiday Season

1 - 3 pm | **NO REGISTRATION REQUIRED**

## #BISTUESDAYS

**Dec 4 - ABI Support Group**

6:30 - 8 pm | **REGISTRATION REQUIRED**

**VIRTUAL ATTENDANCE OPTION AVAILABLE**

Ages 26 & older

**Dec 11 - Social Drop-In**

1 - 3 pm | **NO REGISTRATION REQUIRED**

## #BISTWEDNESDAYS

**Dec 19 - Winter Holiday Party**

6 - 8 pm | **NO REGISTRATION REQUIRED**

Deer Park Library, RM 204

40 St Clair Ave E

## WOMEN'S GROUP

**Dec 20 - Women's Support Group**

7 - 8 pm | **REGISTRATION REQUIRED**

## OFFICE HOLIDAY CLOSURE

**December 24 - January 7**

Please note our office will be closed for the Winter Holidays from December 24, 2018 - January 7, 2019.

