

FEBRUARY 2017

#BISTUESDAYS

Feb 7th - Around The World

1 - 3 pm | No registration required
Community Head Injury Resource Services (CHIRS)
62 Finch Ave W (4 blocks West of Yonge St, North side of Finch)

Feb 14th - Social Drop-In

1 - 3 pm | No registration required
Northern District Library, RM 200
40 Orchard View Blvd (1 North of Eglinton, West side of Yonge)

Feb 21st - Trip to the AGO

12:45 - 3 pm | Must register in advance
Art Gallery of Ontario, 317 Dundas St W (West of McCaul St)
To register: connections@bist.ca | 647.990.1485

Feb 28th - ABI Survivor Support Group

6:30 - 8:00 pm | Register in advance
BIST Office, 40 St. Clair Ave East #205
Above the Deer Park Library, (North side St. Clair, 1 East of Yonge)
VIRTUAL ATTENDANCE OPTION AVAILABLE
To register: connections@bist.ca | 647.990.1485

#BISTEVENINGS

Feb 15th - Young Adult Group & Parent Support Group

6:30 - 8:00 pm | Register in advance
BIST Office, 40 St. Clair Ave East #205
Above the Deer Park Library
(North side of St. Clair, 1 block East of Yonge)
To register: connections@bist.ca | 647.990.1485

Feb 27th - Community Meeting

TOPIC: MOOD FOOD
6:00 - 8:00 pm | No registration required
Northern District Library, RM 200
40 Orchard View Blvd (1 North of Eglinton, West side of Yonge)

MARCH 2017

#BISTUESDAYS

March 7th - Around The World

1 - 3 pm | No registration required
Community Head Injury Resource Services (CHIRS)
62 Finch Ave W (4 blocks West of Yonge St, North side of Finch)

March 14th - Social Drop-In

1 - 3 pm | No registration required
Northern District Library, RM 200
40 Orchard View Blvd (1 North of Eglinton, West side of Yonge)

March 21st - Hockey Hall of Fame

12:45 - 3 pm | Must register in advance
Hockey Hall of Fame, 30 Yonge St (at Front)
To register: connections@bist.ca | 647.990.1485

March 28th - ABI Survivor Support Group

Time: 6:30 - 8:00 pm | Register in advance
Location: BIST Office, 40 St. Clair Ave East #205 OR
VIRTUAL ATTENDANCE OPTION AVAILABLE
To register: connections@bist.ca | 647.990.1485

#BISTEVENINGS

March 15th - Young Adult Group & Parent Support Group

6:30 - 8:00 pm | Register in advance
BIST Office, 40 St. Clair Ave East #205
Above the Deer Park Library
(North side of St. Clair, 1 block East of Yonge)
To register: connections@bist.ca | 647.990.1485

March 27th - Community Meeting

TOPIC: KNOW YOUR RIGHTS ON ODSP
6:00 - 8:00 pm | No registration required
Northern District Library, RM 200
40 Orchard View Blvd (1 North of Eglinton, West side of Yonge)



PROGRAMS AND SERVICES

February - April 2017



2017 CORPORATE SPONSOR

PROGRAM DESCRIPTIONS

#BISTUESDAYS

1st Tuesday - Around the World

Explore the food, music, art, geography and more of a different country each month - no passport required!

2nd Tuesday - Social Drop-In

Enjoy group activities, games and discussions with others living with the effects of brain injury.

3rd Tuesday - Community Outings

Every other month or so, we visit a Toronto attraction for FREE. Come with BIST to places such as the ROM, the AGO and more!

OR

FREE Movie Trip

Join the BIST movie club! We watch a movie together at the cinema and then have a group discussion about what we saw.

Last Tuesday - ABI Survivor Support Group

Find support and connect with other adults living with the effects of brain injury in a group facilitated by a social worker. Virtual attendance option available. Must be over the age of 29.

#BISTEVENINGS

3rd Wednesday - Young Adult Program & Parent Support Group

Our Young Adult Group is a great way to meet people, build relationships, and learn new skills, in a supportive environment facilitated by a social worker. The Parent Support Group is facilitated by a social worker and an individual who has been living with ABI in their family for a number of years. For young adults and parents of young adults with ABI who are between 18 - 29 years.

Last Monday - Community Meeting

Learn about a topic related to brain injury, presented by a guest speaker. Afterwards, there is a group discussion and a chance to socialize.

WORKSHOPS

Feb 11th - Communication & Self Care for ABI Caregivers

10 am - 1 pm | Must register
Quaker Meeting House
60 Lowther Ave
To register: info@bist.ca | 416.830.1485
MORE INFO: www.bist.ca/caregiver

May 10th, Community Agency Fair


6:00 - 8:00 pm | No registration required
Location TBA
Find out about the non-profit services in Toronto that can help you lead a full life after brain injury.
MORE INFO: <http://www.bist.ca/community-fair/>




40 St. Clair Ave East #205
Toronto, ON, M4T 1M9
www.bist.ca | info@bist.ca
416.830.1485

Changes to our programs calendar occasionally occur. Please visit our website or call for up-to-date information.

 @BrainInjurySocietyTO

 @braininjurytoronto

 @BrainInjuryTO

APRIL 2017

#BISTUESDAYS

April 4th - Around The World

1 - 3 pm | No registration required
Community Head Injury Resource Services (CHIRS)
62 Finch Ave W (4 blocks west of Yonge St, north side of Finch)

April 11th - Social Drop-In

1 - 3 pm | No registration required
BIST Office, 40 St. Clair Ave #205
Above the Deer Park Library (East of Yonge, North side St. Clair)

April 18th - Free Trip to the Movies

12:45 - 3 pm | Must register in advance
SilverCity Yonge and Eglinton, 2300 Yonge St
(West side of Yonge St, North of Eglinton)
To register: connections@bist.ca | 647.990.1485

April 25th - ABI Survivor Support Group

6:30 - 8:00 pm | Register in advance
BIST Office, 40 St. Clair Ave East #205
Above the Deer Park Library
(North side of St. Clair, 1 block East of Yonge)
VIRTUAL ATTENDANCE OPTION
To register: connections@bist.ca | 647.990.1485

#BISTEVENINGS

April 19th - Young Adult Group & Parent Support Group

6:30 - 8:00 pm | Register in advance
BIST Office, 40 St. Clair Ave East #205
Above the Deer Park Library
(North side of St. Clair, 1 block East of Yonge)
To register: connections@bist.ca | 647.990.1485

April 24th - Community Meeting

TOPIC: MARCH OF DIMES PRESENTATION
6:00 - 8:00 pm | No registration required
Northern District Library, RM 200
40 Orchard View Blvd (1 North of Eglinton, West side of Yonge)