

APRIL 2018

WEEKLY PROGRAM

NEW! Every Monday - Not So Blue Mondays

1 - 3 pm | **NO REGISTRATION REQUIRED**
Ages 26 & older - **BEGINS APRIL 9**

#BISTUESDAYS

NEW DAY! April 3 - ABI Support Group

6:30 - 8 pm | **REGISTRATION REQUIRED**
VIRTUAL ATTENDANCE AVAILABLE
Ages 26 & older

April 10 - Social Drop-In

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

April 17 BIST goes to the movies

1 - 3 pm | **REGISTRATION REQUIRED**
SilverCity Cineplex 2300 Yonge St - North of Eglinton

#BISTWEDNESDAYS

NEW! April 11 - What's Up Wednesday Youth Drop-In

1:30 - 3:30 pm | **NO REGISTRATION REQUIRED**
Ages 17 - 29

April 18 - Young Adult Support Group

6:30 - 8 pm | **NO REGISTRATION REQUIRED**
Ages 17 - 29

April 18 - Parent Support Group

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

NEW DAY! April 25 - Community Meeting

6 - 8 pm | **NO REGISTRATION REQUIRED**
NEW LOCATION! Deer Park Library, RM 204
40 St Clair Ave East, East of Yonge North Side of St. Clair
TOPIC: Motivational Speaker Anthony Aquan-Assee

NEW! April 25 - Peer Led Caregiver Support Group

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

PROGRAM DESCRIPTIONS

WEEKLY PROGRAM

NEW! Every Monday - Not So Blue Mondays

Create & present your own work - Music, Poetry, Short Stories & at our NEW Creative Drop-In.

#BISTUESDAYS

NEW DAY! 1st Tuesday - ABI Support Group

Meet up with other adults 26 years & older to 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 or tea & chat.

#BISTWEDNESDAYS

NEW! 2nd Wednesday - What's Up Wednesday ABI Youth Drop-In

Come socialize, learn new skills, play cool games, have a coffee & a snack with other youth living with ABI. Ages 17 - 29.

3rd Wednesday - Young Adult Support Group

Get support & learn new tools for coping in a group 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.

NEW! Last Wednesday - Peer Led Caregiver Support Group

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

NEW DAY! Last Wednesday - Community Meeting

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




www.bist.ca | 416.830.1485

PROGRAMS & SERVICES


April - June 2018

HOW TO REGISTER

- Go to www.bist.ca.
- Follow the links for registration.
- If Internet access is a barrier call: 647-990-1485.

 @braininjurytoronto

 @BrainInjurySocietyTO

 @BrainInjuryTO

Brain Injury Society of Toronto (BIST)
40 St. Clair Ave East #205
Toronto, ON, M4T 1M9
www.bist.ca | info@bist.ca

SPECIAL EVENTS

Unmasking Brain Injury

April 6, 3 - 6 pm & April 7, 1-4 pm (Choose one session)
CHIRS - 62 Finch Ave West | **REGISTRATION REQUIRED**
Create a mask & be part of an Ontario-wide brain injury awareness event!

April 26 - Community Agency Fair & Expressive Art Show

4 - 7 pm | **FREE EVENT - NO REGISTRATION REQUIRED**
Christ Church Deer Park | 1570 Yonge St (North of St. Clair)
Learn about community resources & check out beautiful expressive art created by BIST Members.

June 1 - Unmasking Brain Injury Launch

Nine Bars Coffee 46 St Clair Ave E
Stay tuned for more details!

June is Brain Injury Awareness Month



We have a lot going on in June - watch out for our Social Media Campaign, Awareness Booths, UnMasking Brain Injury & more!

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

HOW TO REGISTER

Go to www.bist.ca & follow the links for registration.
If Internet access is a barrier, please call:
BIST Programs Coordinator at: 647-990-1485.

OCCASIONALLY OUR PROGRAMS CHANGE

Please visit our website at www.bist.ca or call 647-990-1485 for up-to-date information.

MAY 2018

WEEKLY PROGRAM

NEW! Every Monday - Not So Blue Mondays

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

#BISTUESDAYS

NEW DAY! May 1 - ABI Support Group

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

VIRTUAL ATTENDANCE AVAILABLE

Aged 26 & older

May 8 - Social Drop-In

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

May 15 - BIST Goes to the AGO

1 - 3 pm | **REGISTRATION REQUIRED**

317 Dundas Street West. Meet up: lobby by the Gift Shop

#BISTWEDNESDAYS

May 9 - What's Up Wednesday Youth Drop-In

1:30 - 3:30 pm | **NO REGISTRATION REQUIRED**

Ages 17 - 29

May 16 - Young Adult Support Group

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

Ages 17 - 29

May 16 - Parent Support Group

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

NEW DAY! May 30 - Community Meeting

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

NEW LOCATION! Deer Park Library, RM 204

40 St Clair Ave East, East of Yonge North Side of St. Clair

TOPIC: Chair Yoga with OT & Yoga Instructor Kristina Borho

NEW! May 30 - Peer Led Caregiver Support Group

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

JUNE 2018

WEEKLY PROGRAM

NEW! Every Monday - Not So Blue Mondays

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

#BISTUESDAYS

NEW DAY! June 5 - ABI Support Group

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

VIRTUAL ATTENDANCE OPTION AVAILABLE

Ages 26 & older

June 12 - Social Drop-In

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

June 19 - Trip to Evergreen Brickworks

1 - 3 pm | **REGISTRATION REQUIRED**

550 Bayview Ave (Shuttle bus available from Broadview Station)

#BISTWEDNESDAYS

NEW! June 13 - What's Up Wednesday Youth Drop-In

1:30 - 3:30 pm | **NO REGISTRATION REQUIRED**

Ages 17 - 29

June 20 - Young Adult Support Group

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

Ages 17- 29

June 20 - Parent Support Group

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

NEW DAY! June 27 - Community Meeting

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

NEW LOCATION! Deer Park Library, RM 204

40 St Clair Ave E

TOPIC: Face Mapping with Occupational Therapist Amee Le

NEW! June 27 - Peer Led Caregiver Support Group

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