

FEBRUARY 2018

#BISTUESDAYS

NEW DAY! Feb 6 - ABI Support Group

6:30 - 8 pm | **REGISTRATION REQUIRED**
VIRTUAL ATTENDANCE OPTION AVAILABLE
For ages 26 and older

Feb 13 - Social Drop-In

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

Feb 20 - Trip to the Hockey Hall of Fame

1 - 3 pm | **REGISTRATION REQUIRED**
30 Yonge St - near Yonge and Front Street

#BISTWEDNESDAYS

NEW! Feb 14 - What's Up Wednesday Youth Drop-In

1 - 3 pm | **NO REGISTRATION REQUIRED**
For ages 17 -29

Feb 21 - Young Adult Support Group

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

Feb 21 - Parent Support Group

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

NEW DAY! Feb 28 - 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: Create a personalized communication board

NEW! Feb 28 - Caregiver Peer Led Support Group

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

FREE WORKSHOP

Feb 22 - Sleep & ABI with Dr. Thirlwell

1 - 3 pm | **Registration required**
Friends House, 60 Lowther Avenue

MARCH 2018

#BISTUESDAYS

NEW DAY! March 6 - ABI Support Group

6:30 - 8 pm | **REGISTRATION REQUIRED**
VIRTUAL ATTENDANCE OPTION AVAILABLE
For ages 26 and older

March 13 - Social Drop-In

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

March 20 - Trip to the AGO

1 - 3 pm | **REGISTRATION REQUIRED**
317 Dundas Street West. Meet inside the lobby beside the Gift Shop. Register at bist.ca or call 647-990-1485

#BISTWEDNESDAYS

March 14 - What's Up Wednesday Youth Drop-In

1 - 3 pm | **NO REGISTRATION REQUIRED**
For ages 17 - 29

March 21 - Young Adult Support Group

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

March 21 - Parent Support Group

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

NEW DAY! March 28 - 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: Centre for Equitable Library Access

NEW! March 28 - Caregiver Peer Led Support Group

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

WHAT'S NEW IN 2018

NEW DAY & LOCATION:

COMMUNITY MEETINGS

Will now take place on the **last Wednesday of the month** at the **Deer Park Library RM 204**, 40 St. Clair Ave East

NEW LOCATION

THE PEER-LED CAREGIVER GROUP

Will now take place on the **last Wednesday of the month** at the **BIST OFFICE**

NEW DAY

ABI SUPPORT GROUP

Will now take place on the **first Tuesday of the month**

NEW PROGRAM

WHAT'S UP WEDNESDAY YOUTH DROP-IN

For youth 17 - 29, on the 2nd Wednesday of the month, 1-3 pm

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 and 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.

JANUARY 2018

#BISTUESDAYS

NEW DAY! Jan 9 - Support Group

6:30 - 8 pm | REGISTRATION REQUIRED
VIRTUAL ATTENDANCE OPTION AVAILABLE
For ages 26 and older

Jan 9 - Social Drop-In

1 - 3 pm | NO REGISTRATION REQUIRED

Jan 16 - BIST Goes to the Movies

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

#BISTWEDNESDAYS

NEW! Jan 10 - What's Up Wednesday Youth Drop-In

1-3 pm | NO REGISTRATION REQUIRED
For ages 17 - 29

Jan 17 - Young Adult Support Group

6:30 - 8 pm | NO REGISTRATION REQUIRED
For ages 17- 29

Jan 17 - Parent Support Group

6:30 - 8 pm | NO REGISTRATION REQUIRED

NEW DAY! Jan 31 - Community Meeting

6 - 8 pm | NO REGISTRATION REQUIRED
NEW LOCATION! Deer Park Library, RM 204
40 St Clair Ave E
TOPIC: Create your own Vision Board for 2018

NEW! Jan 31 - Caregiver Peer Led Support Group

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

Unless otherwise noted, all programs take place at the BIST Office:
40 St. Clair Ave East #205
East of Yonge, North side of St. Clair
Above the Deer Park Library

PROGRAM DESCRIPTIONS

#BISTUESDAYS

NEW DAY! 1st Tuesday - ABI Support Group

Meet up with other adults 26 years & older to chat about your ABI challenges & successes. Discover new resources in a group where people just 'get it'.

2nd Tuesday - Social Drop-In

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

3rd Tuesday - Community Outings

Every month BIST members have the opportunity to go on a FREE community outing to a Toronto attraction such as the AGO or the movies. After, we meet for coffee or tea and chat.

#BISTWEDNESDAYS

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

Come socialize, learn new skills, play cool games, have a coffee or snack with youth who get ABI. For ages 17 - 29.

3rd Wednesday - Young Adult Support Group

For young adults living with ABI ages 17-29 - get support, share successes, challenges & learn new tools for coping.

3rd Wednesday - Parent Support Group

Meet other parents who have children living with ABI in a support group facilitated by a social worker.

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, enjoy a group talk and social time after.



www.bist.ca | 416.830.1485

PROGRAMS & SERVICES

January - March 2018

- @braininjurytoronto
- @BrainInjurySocietyTO
- @BrainInjuryTO

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