

SEPTEMBER 2017

#BISTUESDAYS

Sept 5th - Mindful Art

1 - 3 pm | **REGISTRATION REQUIRED**

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

Sept 12th - Social Drop-In

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

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

Sept 19th - Trip to the AGO

1 - 3 pm | **REGISTRATION REQUIRED**

Art Gallery of Ontario, 317 Dundas St West |

Register at bist.ca OR 647-990-1485

Sept 29th - Adult Support Group

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

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

VIRTUAL ATTENDANCE OPTION AVAILABLE

Register at bist.ca OR 647-990-1485

#BISTEVENINGS

Sept 16th - BIST Night with the Argos

4 pm - until Game End | **REGISTRATION REQUIRED**

BMO Field, 70 Princes Blvd

Register online via bist.ca OR 647-990-1485

Wed Sept. 20 - Young Adult & Parent Support Groups

6:30 - 8:00 pm | **NO REGISTRATION REQUIRED**

BIST Office, 40 St. Clair Ave East #205

Above the Deer Park Library

Sept 25th - Annual General Meeting

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)

Pizza dinner will be provided

CONCUSSION SUPPORT

Thurs Sept 21st & Sept 28th - WRAP Group

1 - 2:30 pm | **REGISTRATION REQUIRED**

BIST Office, 40 St. Clair Ave East #205

Above Deer Park Library (East of Yonge, North side of St. Clair)

BIST Office Location

40 St. Clair Ave East #205

East of Yonge, North side of St. Clair

PROGRAM DESCRIPTIONS

#BISTUESDAYS

1st Tuesday - Mindful Art

Create a mini art project while practicing mindfulness in monthly sessions.

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 a trip to the movies. After, we meet for coffee or tea and chat.

Last Tuesday - ABI Support Group

Meet up with other adults 27 years and older to chat about your ABI challenges and successes. Discover new resources in a group where people just 'get it'.

#BISTEVENINGS

3rd Wednesday - Young Adult Group

For young adults living with ABI 18 -29 years old - get support, connect with others and learn new tools for coping with the challenges of ABI.

3rd Wednesday - Parents of Young Adults Support Group

Meet other parents of young adults living with ABI in a support group facilitated by a social worker.

Last Wednesday - Peer Led Caregiver Support Group

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

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.

CONCUSSION SUPPORT

Thursdays - Wellness Recovery Action Plan (WRAP)

This 10 week group explores how to take stock of your personal resources and coping skills. Must register for all 10 sessions.

Changes to our programs calendar occasionally occur. Please visit our website at www.bist.ca or call 416-830-1485 for up-to-date information.



www.bist.ca | 416.830.1485

PROGRAMS AND SERVICES

**SEPTEMBER -
DECEMBER 2017**

2017 CORPORATE PLATINUM SPONSOR



MCLEISH ORLANDO

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PERSONAL INJURY LAWYERS

Brain Injury Society of Toronto

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@braininjurytoronto

@BrainInjurySocietyTO

@BrainInjuryTO

OCTOBER 2017

#BISTUESDAYS

Oct 3rd - Mindful Art

1 - 3 pm | **REGISTRATION REQUIRED**

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

Oct 10th - Social Drop-In

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

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

Oct 17th - Trip to Bathurst Bowlerama

1 - 3 pm | **REGISTRATION REQUIRED**

2788 Bathurst St (West side of Bathurst, North of Eglinton)

Register online via bist.ca OR 647-990-1485

Oct 31st - Adult Support Group

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

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

VIRTUAL ATTENDANCE OPTION AVAILABLE

Register online via bist.ca OR 647-990-1485

#BISTEVENINGS

Wed Oct 25th - Caregiver Support Group

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

Downtown near Dundas & Yonge St | Exact address to be provided at registration)

Register online via bist.ca OR 647-990-1485

Wed Oct 18th - Young Adult & Parent Support Groups

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

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

Mon Oct 30th - Halloween Party

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

Friends House Toronto, 60 Lowther St <NEW LOCATION>

(North of Bloor, West of Avenue Rd)



CONCUSSION SUPPORT

Every Thursday - WRAP Group

1 - 2:30 pm | **REGISTRATION REQUIRED**

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

FREE WORKSHOP

Sat, Oct 14th - Behavioural Changes & Possible Medical Complications following an ABI

10 - 12:30 pm | **REGISTRATION REQUIRED**

Quaker House, 60 Lowther Street

Speakers: Dr. Hiten Lad, Neuropsychologist &

Dr. Milan Unarket, Psychiatrist

NOVEMBER 2017

#BISTUESDAYS

Nov 7th - Mindful Art

1 - 3 pm | **REGISTRATION REQUIRED**

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

Nov 14th - Social Drop-In

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

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

Nov 21st - BIST Goes to the Movies

1 - 3 pm | **REGISTRATION REQUIRED**

Silvercity Yonge & Eglinton, 2300 Yonge St

(North of Eglinton, West of Yonge)

Register online via bist.ca OR 647-990-1485

Nov 28th - Adult Support Group

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

BIST Office, 40 St. Clair Ave East #205

VIRTUAL ATTENDANCE OPTION AVAILABLE

Register online via bist.ca OR 647-990-1485

#BISTEVENINGS

Wed Nov 15th - Young Adult & Parent Support Groups

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

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

Mon Nov 27th - Community Meeting

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

Northern District Library, RM, 40 Orchard View Blvd

(North of Eglinton, West of Yonge St)

TOPIC: How tapping can help relieve anxiety, stress etc.

Wed Nov 29th - Caregiver Support Group

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

Downtown near Dundas & Yonge St

(Exact address to be provided at registration)

Register online via bist.ca OR 647-990-1485

CONCUSSION SUPPORT

WRAP Group - Thursdays (ends Nov 23)

1 - 2:30 pm | **REGISTRATION REQUIRED**

BIST Office, 40 St. Clair Ave East #205

Above Deer Park Library (East of Yonge, North side of St. Clair)

GIVING TUESDAY POP UP THRIFT SHOP

Nov 26, 27 & 28th

10 am - 40 BIST Office, 40 St. Clair Ave East #205

Above Deer Park Library (East of Yonge, North side of St. Clair)

DECEMBER 2017

#BISTUESDAYS

Dec 12th - Social Drop-In

1 - 3 pm | **No registration required**

BIST Office, 40 St. Clair Ave East #205, Above the Deer Park Library

Dec 19th - ABI Support Group

6:30 - 8 pm | **Must register in advance**

BIST Office, 40 St. Clair Ave East #205 | Above the Deer Park Library

VIRTUAL ATTENDANCE OPTION AVAILABLE

Register online via bist.ca OR 647-990-1485

#BISTEVENINGS

Dec 18th, Holiday Party

6 - 8 pm | **NO REGISTRATION**

BIST Office, 40 St. Clair Ave East #205

Above the Deer Park Library

Dec 20th - Young Adult & Parent Support Groups

6:30 - 8:00 pm | **NO REGISTRATION**

BIST Office, 40 St. Clair Ave East #205

Above the Deer Park Library

PROGRAM REGISTRATION

To register for BIST programs, please go to www.bist.ca and follow the links for registration. If Internet access is a barrier, please call our programs coordinator at: 647-990-1485.