

PROGRAMS AND
SERVICES

MAY - AUGUST 2017

2017 CORPORATE SPONSOR



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MAY 2017

#BISTUESDAYS

May 2nd - Around the World

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

May 9th - Social Drop-In

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

May 16th - Trip to the AGO

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

May 30th- ABI Survivor Support Group

6:30 - 8:00 pm | Must register in advance
BIST Office, 40 St. Clair Ave East #205
Above Deer Park Library (East of Yonge, North side of St. Clair)
VIRTUAL ATTENDANCE OPTION AVAILABLE
Register online via bist.ca OR 647-990-1485

#BISTEVENINGS

May 10th - Community Agency Fair & BIST Alive Expressive Art Show

6 - 8 pm | No registration required
Mattamy Athletic Centre at the Gardens, Alumni Lounge
50 Carlton Street (West of Church, North side of Carlton)

May 17th - Young Adult & Parent Support Groups

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

May 29th - Community Meeting

TOPIC: ABI Friendly Apps for sleep, memory & organization, Part 1 with Rick Hadleycrane of Lawlor Therapy Support Services
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)

JUNE 2017

#BISTUESDAYS

June 6th- Around the World

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

June 13th - Social Drop-In

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

June 20th - Trip to Centre Island

10 am - 2:30 pm | Must register in advance
Meet up: Jack Layton Ferry Terminal, 9 Queens Quay West
Register online via bist.ca OR 647.990.1485

June 27th - ABI Survivor Support Group

6:30 - 8:00 pm | Must register in advance
BIST Office, 40 St. Clair Ave East #205
Above Deer Park Library (East of Yonge, North side of St. Clair)
VIRTUAL ATTENDANCE OPTION AVAILABLE
Register online via bist.ca OR 647-990-1485

#BISTEVENINGS

June 21st- Young Adult & Parent Support Groups

6:30 - 8:00 pm | Must 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

June 26th - Community Meeting

TOPIC: ABI Friendly Apps for sleep, memory & organization, Part 2 with Rick Hadleycrane of Lawlor Therapy Support Services
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)



June is Brain Injury
Awareness Month!

JULY 2017

#BISTUESDAYS

July 11th - Social Drop-In

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

July 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)
Register online via bist.ca OR 647.990.1485

July 25th - ABI Survivor Support Group

6:30 - 8:00 pm | Must register in advance
BIST Office, 40 St. Clair Ave East #205
Above Deer Park Library (East of Yonge, North side of St. Clair)
VIRTUAL ATTENDANCE OPTION AVAILABLE
Register online via bist.ca OR 647-990-1485

#BISTEVENINGS

July 19th - Young Adult & Parent Support Groups

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

July 24th - Summer Picnic

6:00 - 8:00 pm | Please RSVP
(In lieu of our Community Meeting)
Celebrate summer, our 2017 Corporate Sponsors & our Volunteer of the Year winners!
High Park Picnic Area #3
1873 Bloor Street West
RSVP via bist.ca OR 647-990-1485

AUGUST 2017

#BISTUESDAYS

August 8th - Social Drop-In

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

August 15th - Community Outing

1 - 3 pm | Register in advance
Location TBA
Register online via bist.ca OR 647-990-1485

August 29th - ABI Survivor Support Group

6:30 - 8:00 pm | Register in advance
BIST Office, 40 St. Clair Ave East #205
Above Deer Park Library (East of Yonge, North side of St. Clair)
VIRTUAL ATTENDANCE OPTION AVAILABLE
Register online via bist.ca OR 647-990-1485

#BISTEVENINGS

August 16th - Young Adult & Parent Support Groups

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

August 28th - Community Meeting

TOPIC: Music Therapy
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)

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

PROGRAM DESCRIPTIONS

#BISTUESDAYS

1st Tuesday - Around the World

ENDS JUNE 2017 - 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 month BIST members have the opportunity to go on a FREE community outing to Toronto attractions such as the ROM, AGO, Brickworks, Hockey Hall of Fame Ripley's Aquarium or the movies. After, we meet for coffee or tea and discuss the experience.

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 & Parent Support Groups

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.

PROGRAM REGISTRATION

Please register online for our community outings and ABI Support Group by following the links at www.bist.ca. Registration opens the 1st of the month on a first come, first served basis. If Internet access is not possible, please call the BIST Office at 647-990-1485.