

SEPTEMBER 2018

WEEKLY PROGRAM

Every Monday - Not So Blue Mondays

No program on Sept 3 Labour Day Holiday

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

#BISTUESDAYS

NEW DAY! Sept 4 - ABI Support Group

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

VIRTUAL ATTENDANCE OPTION AVAILABLE

Ages 26 & older

Sept 11 - Social Drop-In

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

Sept 19 - BIST Goes Bowling!

12:45 - 3 pm | **REGISTRATION REQUIRED**

Bathurst Bowlerama, 2788 Bathurst St

#BISTWEDNESDAYS

Sept 12 - What's Up Wednesday Youth Drop-In

1:00 - 3:00 pm | **NO REGISTRATION REQUIRED**

Ages 17 - 29

Sept 19 - Young Adult Support Group

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

Ages 17- 29

Sept 19 - Parent Support Group

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

Sept 26 - Community Meeting

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

Deer Park Library, RM 204

40 St Clair Ave E

TOPIC: TBD

Sept 26 - Peer Led Caregiver Support Group

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

PROGRAM DESCRIPTIONS

WEEKLY PROGRAM

Every Monday - Not So Blue Mondays

Create & present your own work - music, poetry or short stories at our NEW Creative Drop-In.

#BISTUESDAYS

1st Tuesday - ABI Support Group

Meet other adults 26 years & older. 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, tea & chat.

#BISTWEDNESDAYS

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. 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.

Last Wednesday - Peer Led Caregiver Support Group

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

Last Wednesday - Community Meeting

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



www.bist.ca | 416.830.1485

40 St. Clair Ave East #205

Toronto, ON, M4T 1M9


PROGRAMS & SERVICES

July - September 2018



 @braininjurytoronto

 @BrainInjurySocietyTO

 @BrainInjuryTO

SUMMER WORKSHOP

BACK TO SCHOOL: POST CONCUSSION WORKSHOP

Saturday July 21

Learn about helpful tips and resources to help navigate your academic career following a brain injury.

10 - 12 pm | REGISTRATON REQUIRED
Christ Church Deer Park, 1570 Yonge Street, Toronto
2 blocks north of St. Clair - NW corner of Yonge & Heath
Register: www.bist.ca/school OR 416-830-1485

PROGRAM REGISTRATION

Registration is required for some programs.
To register:

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

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

OCCASIONALLY OUR PROGRAMS CHANGE

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

JULY 2018

WEEKLY PROGRAM

NEW! Every Monday - Not So Blue Mondays

No program on July 2 Canada Day Holiday
1 -3 pm | NO REGISTRATION REQUIRED

#BISTUESDAYS

July 3 - ABI Support Group

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

July 10 - Social Drop-In

1 - 3 pm | NO REGISTRATION REQUIRED

July 17 - BIST Goes to Harbourfront

12:45 pm - 3 pm | REGISTRATION REQUIRED
Harbourfront Music Garden, 479 Queens Quay West

#BISTWEDNESDAYS

**July 11 - What's Up Wednesday
Youth Drop-In**

1:00 - 3:00 pm | NO REGISTRATION REQUIRED
Ages 17 - 29

July 18 - Young Adult Support Group

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

July 18 - Parent Support Group

6:30 - 8 pm | NO REGISTRATION REQUIRED

July 25 - Summer Picnic

6 - 8 pm | NO REGISTRATION REQUIRED
NEW LOCATION! Dufferin Grove Park
875 Dufferin Park Ave | Meet up: Picnic Site

AUGUST 2018

WEEKLY PROGRAM

NEW! Every Monday - Not So Blue Mondays

No program on August 6 Civic Holiday
1 -3 pm | NO REGISTRATION REQUIRED

#BISTUESDAYS

NEW DAY! Aug 7 - ABI Support Group

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

Aug 14 - Social Drop-In

1 - 3 pm | NO REGISTRATION REQUIRED

Aug 21 - BIST Goes to the Movies

12:15 - 3 pm | REGISTRATION REQUIRED
Location: TBD

#BISTWEDNESDAYS

**Aug 8 - What's Up Wednesday
Youth Drop-In**

1:00 - 3:00 pm | NO REGISTRATION REQUIRED
Ages 17 - 29

Aug 15 - Young Adult Support Group

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

Aug 15 - Parent Support Group

6:30 - 8 pm | NO REGISTRATION REQUIRED

Aug 29 - Community Meeting

6 - 8 pm | NO REGISTRATION REQUIRED
Deer Park Library, RM 204
40 St Clair Ave E
TOPIC: TBD

Aug 29 - Peer Led Caregiver Support Group

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