

WINTER WORKSHOPS

2020 PROGRAM LAUNCH

Wednesday, January 29th, 5 - 8 pm
9 Bars Coffee, 46 St. Clair Ave East

Find out about our Poverty Reduction Initiatives: Violence Impact Program & Transitional Support Coordinator Program funded by the Ontario Trillium Foundation. Learn about our Toolkit on Detecting & Dealing with Financial Abuse & Scams, funded by the Ontario Government. Enjoy Coffee, Tea & Treats!

ABI INFORMATION SERIES

Every Monday in March, 6:30 – 8 pm
9 Bars Coffee, 46 St. Clair Ave East

Learn more about surviving and thriving with brain injury in this special 5-week series, featuring special guests including Neuropsychologist Dr. Hiten Lad.

RESOURCE SUPPORT

Thursdays – By Appointment

BIST placement students are available to help with resource finding, form filling & general paperwork. Contact info@bist.ca or call 416-830-1485 to book an appointment.

UNLESS 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 REGISTRATION

Registration is required for some programs.

To Register:

Go to www.bist.ca

Follow the links for registration

If Internet is a barrier call: 647-990-1485

PROGRAM DESCRIPTIONS

WEEKLY PROGRAM

Monday, 1-3 pm – Not So Blue Mondays

No Program on Family Day Holiday, Feb 17

Engage in a lively discussion about arts and culture – with a NEW TOPIC every week.

TUESDAYS

1st & 3rd Tuesday - 6:30 – 8 pm

ABI Support Group

Connect with other adults living with mild/moderate ABI. Facilitated by a Social Worker.

2nd Tues, 1 -3 pm – Men's Social Drop-In

Chat with & get to know other men living with ABI. We'll meet at the BIST Office, and then head to a local establishment for coffee, tea or other non-alcoholic beverages.

LAST Tuesday – Community Outings

Go on a FREE community outing to a Toronto attraction such as the AGO or the Movies.

After, we meet for a coffee or tea & chat.

WEDNESDAYS

LAST Wed, 6 – 8 pm – Community Meeting

Socialize, enjoy snacks & learn about a topic related to ABI.

NEW LOCATION: 9 Bars Coffee, 46 St. Clair Ave East.

Last Wednesday, 6:30 – 8 pm – Peer Led

Caregiver Support Group

A peer-led group for family, friends & partners of people living with ABI.



40 St. Clair Ave East #205
Toronto, ON, M4T 1M9
(416) 830-1485

PROGRAMS AND SERVICES

January - March 2020



www.bist.ca



@BrainInjurySocietyTO



@braininjurytoronto



@BrainInjuryTO

January 2020

Mon	Tues	Wed	Thurs
6	7	8	9
Not So Blue Mondays 1-3 pm	ABI Support Group 6:30-8 pm Must Register		Women's Support Group 6:30-8 pm Must Register
13	14	15	16
Not So Blue Mondays 1-3 pm	Men's Social Drop-In 1-3 pm		
20	21	22	23
Not So Blue Mondays 1-3 pm	ABI Support Group 6:30-8 pm Must Register		Women's Support Group 6:30-8 pm Must Register
27	28	29	30
Not So Blue Mondays 1-3 pm	Community Outing: Movies 12:45-3:30 pm Must Register	Community Meeting* 5-8 pm - At 9 Bars	
		Caregiver Peer Support Group 6:30-8 pm	

Community Outing Locations

January - Movies

Cineplex Odeon 2300 Yonge St, North of Eglinton.
Meet Up: In front of theater entrance.

February - Art Gallery of Ontario

317 Dundas St W, Toronto, West of University.
Meet Up: On benches in front of Gift Shop

March - Hockey Hall of Fame

Brookfield Place, 30 Yonge St, North of Front St.
Meet up: Concourse Level (back of Food Court)

February 2020

Mon	Tues	Wed	Thurs
3	4	5	6
Not So Blue Mondays 1-3 pm	ABI Support Group 6:30-8 pm Must Register		Women's Support Group 6:30-8 pm Must Register
10	11	12	13
Not So Blue Mondays 1-3 pm	Men's Social Drop-In 1-3 pm		
17	18	19	20
Office Closed - Family Day Holiday	ABI Support Group 6:30-8 pm Must Register		Women's Support Group 6:30-8 pm Must Register
24	25	26	27
Not So Blue Mondays 1-3 pm	Community Outing: AGO 1-3 pm Must Register	Community Meeting* 6-8 pm - At 9 Bars	
		Caregiver Peer Support Group 6:30 - 8 pm	

Community Meeting Topics

January: BIST New Programs Launch

February: Create a Vision Board for 2020

March: Essential Oils with Michelle LeRoy.
Make your own roller ball.

NEW LOCATION: Community Meetings &

ABI Info Series 9 Bars Coffee

46 St. Clair Ave East (Steps from the BIST Office)

March 2020

Mon	Tues	Wed	Thurs
2	3	4	5
Not So Blue Mondays 1-3 pm	ABI Support Group 6:30-8 pm Must Register		Women's Support Group 6:30-8 pm Must Register
ABI Info Series 6:30 - 8 pm - At 9 Bars Must Register			
9	10	11	12
Not So Blue Mondays 1-3 pm	Men's Social Drop-In 1-3 pm		
ABI Info Series 6:30 - 8 pm - At 9 Bars Must Register			
16	17	18	19
Not So Blue Mondays 1-3 pm	ABI Support Group 6:30-8 pm Must Register		Women's Support Group 6:30-8 pm Must Register
ABI Info Series 6:30 - 8 pm - At 9 Bars Must Register			
23	24	25	26
Not So Blue Mondays 1-3 pm		Community Meeting 6-8 pm - At 9 Bars	
ABI Info Series 6:30 - 8 pm - At 9 Bars Must Register		Caregiver Peer Support Group 6:30 - 8 pm	
30			
Not So Blue Mondays , 1-3 pm ABI Info Series , 6:30 - 8 pm - At 9 Bars - Must Register			
31			
Community Outing: Hockey Hall of Fame 1-3 pm Must Register			