




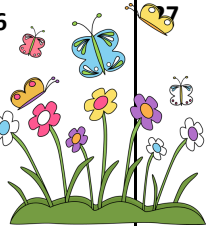
Email: admin@cowichanbraininjury.org

Let's Connect this May 2024

Brain Tumour Awareness Month

PHONE: 250-597-4662

#106-481 Trans Canada Hwy, Duncan

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Scan QR Code to access our website		1 Healing Connections 10:00-11:30 am Stress and Anxiety Needlework with Tracey 1-3pm	2 Let's Walk @Chesterfield Track 10:00 - 11:30 am	3 Peer Social 10:00 - 11:30 am	4
5	6	7 Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u> Intro to Brain Injury 1:00 - 2:30 pm	8 Healing Connections 10:00-11:30 am Memory Let's Dine Out 11:30am @ Romeo's Needlework with Tracey 1-3pm	9 Let's Walk @Chesterfield Track 10:00 - 11:30 am	10 Peer Social 10:00 - 11:30 am	11
12 Happy Mother's Day	13	14 Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u> Intro to Brain Injury 1:00 - 2:30 pm	15 *PWD Pay Day Healing Connections 10:00-11:30 am Budgeting Needlework with Tracey 1-3pm	16 Let's Walk @Chesterfield Track 10:00 - 11:30 am	17 Peer Social 10:00 - 11:30 am	18
19	20 Office Closed Victoria Day	21 Let's Get Balanced 9:30-10:30 am Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u> Intro to Brain Injury 1:00 - 2:30 pm	22 Healing Connections 10:00-11:30 am Exercise Needlework with Tracey 1-3pm	23 Let's Walk @Chesterfield Track 10:00 - 11:30 am	24 Peer Social 10:00 - 11:30 am	25
26 		28 Let's Get Balanced 9:30-10:30 am Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u>	29 *CPPD Pay Day Healing Connections 10:00-11:30 am Impulsive Behaviour Art with Gladys 1-3pm	30 Let's Walk @Chesterfield Track 10:00 - 11:30 am	31 Peer Social & Toonie Lunch 10:00 - 11:30 am <u>@ 6011 Casino Rd</u> <u>Location</u>	