







Email: admin@cowichanbraininjury.org

Let's Connect this June 2024

BRAIN INJURY 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
2 	3	4 Let's Get Balanced 9:30-11:00 am Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u> Toolbox 1:00 - 2:30 pm	5 Healing Connections 10:00-11:30 am <i>Finding Patience</i> Needlework with Tracey 1-3pm	6 Let's Walk @Chesterfield Track 10:00 - 11:30 am	7 Peer Social 10:00 - 11:30 am	8
9	10	11 Let's Get Balanced 9:30-11:00 am Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u> Toolbox 1:00 -2:30 pm	12 Healing Connections 10:00-11:30 am <i>Community Supports Available</i> Let's Dine Out 11:30am @ The Fishbowl Cafe Needlework with Tracey 1-3pm	13 Let's Walk @Chesterfield Track 10:00 - 11:30 am	14 Peer Social 10:00 - 11:30 am	15
16 <i>Happy Father's Day</i>	17	18 Let's Get Balanced 9:30-11:00 am Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u> Toolbox 1:00 -2:30 pm	19 <i>*PWD Pay Day</i> Healing Connections 10:00-11:30 am <i>What is My Limit?</i> <i>How do I find it?</i> Needlework with Tracey 1-3pm	20 Let's Walk @Chesterfield Track 10:00 - 11:30 am <i>Summer Solstice</i> 	21 Peer Social 10:00 - 11:30 am	22
23 	24	25 Let's Get Balanced 9:30-11:00 am Let's Get Brain Fit 10:00-11:30 am <u>on Zoom</u>	26 <i>*CPPD Pay Day</i> Healing Connections 10:00-11:30 am <i>Self Esteem</i> Art with Gladys 1-3pm	27 Let's Walk @Chesterfield Track 10:00 - 11:30 am	28 Peer Social & Toonie Lunch 10:00 - 11:30 am <u>@ 6011 Cassino Rd</u> <u>Location</u>	29