


MARCH 2023

PHONE: 250-564-2447



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<p>1</p> <p>Karate 10:30 am-11:30 am CLG "Shame, Guilt and other Self Put-Downs" 12:30 pm-2:00 pm In Person</p>	<p>2</p> <p>Rebuilding #21 10:00 am – 11:30 am</p> <p>Open Social "Japanese History" 1:00-2:30 pm</p>	<p>3</p> <p>Women's Group "Neurogenesis" "11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/81574697230</p>	4
5	<p>6</p> <p>Coffee Group 11:00 am-12:00 pm</p> <p>Relationship Group 6:30-8:00 pm Join Zoom Meeting https://us06web.zoom.us/j/81574697230</p>	<p>7</p> <p>Introduction to Brain Injury #5 – Tentative Only 10:00 am – 11:30 am</p>	<p>8</p> <p>Karate 10:30 am-11:30 am CLG "Challenging Automatic Negative Thoughts (ANTS)" 12:30 pm-2:00 pm In Person</p>	<p>9</p> <p>Rebuilding #22 10:00 am – 11:30 am</p> <p>Open Social "Canada travel" 1:00-2:30 pm</p>	<p>10</p> <p>Women's Group "Appointments you can't get away from." "11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/81574697230</p>	11
12	<p>13</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>14</p> <p>Introduction to Brain Injury #1 10:00 am – 11:30 am</p>	<p>15</p> <p>Karate 10:30 am-11:30 am CLG "A pathway to Ok (Joy and Contentment)" 12:30 pm-2:00 pm In person</p>	<p>16</p> <p>Rebuilding #23 10:00 am – 11:30 am</p> <p>Open Social "An Untold History" 1:00-2:30 pm</p>	<p>17</p> <p>St. Patrick's Day Women's Group "Memory Issues" "11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/81574697230</p>	18
19	<p>20</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>21</p> <p>Introduction to Brain Injury #2 10:00 am – 11:30 am</p>	<p>22</p> <p>PWD Karate 10:30 am-11:30 am CLG "Do I disclose my Brain Injury- and How?" 12:30 pm-2:00 pm In Person</p>	<p>23</p> <p>Rebuilding #24 10:00 am – 11:30 am</p> <p>Open Social "The PIG war" 1:00-2:30 pm</p>	<p>24</p> <p>Women's Group "Travelling and Brain Injury" "11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/81574697230</p>	25
26	<p>27</p> <p>Coffee Group 11:00 am-12:00 pm</p>	<p>28</p> <p>Introduction to Brain Injury #3 10:00 am – 11:30 am</p>	<p>29</p> <p>CPP/OAS Karate 10:30 am-11:30 am CLG "Sleep after Brain Injury" 12:30 pm-2:00 pm In Person</p>	<p>30</p> <p>Rebuilding #25 10:00 am – 11:30 am</p> <p></p> <p>Come join us at the office! St. Patrick's Day Potluck! 12:00 – 2:00 pm</p>	<p>31</p> <p>Women's Group "Free flowing Discussion" "11:00 am -12:30 pm Join Zoom Meeting https://us06web.zoom.us/j/81574697230</p>	