



Halton Day Services

DAY SERVICES CALENDAR 2019 Winter / Spring

(January 2019—June 2019)

Contact Us:

Darryl Clarence, Halton Day Program Group Leader
Oakville Office: 37 Bond Street, Oakville, ON. L6K 1L7
Tel: (905) 464-1044
Email: Darryl.Clarence@mindforward.org

Funded by the Mississauga Halton and Central West Local Health Integration Networks (LHINs), and the Ministry of Health and Long Term Care.

Winner of the Ontario Brain Injury Association's (OBIA) "**Corporate Fellowship Award**" for significant contributions to the development of services for those who are living with the effects of ABI.

Winner of the Mississauga Halton LHIN's "**Partnering for a Healthier Tomorrow**" Quality Excellence Award



Canadian Centre for Accreditation
Excellence in community services
Centre canadien de l'agrément
L'excellence en matière de services communautaires



Welcome to Halton Day Services Calendar for Winter / Spring 2019

Greetings! This package outlines the programs being facilitated by the Halton Day Services team in Oakville and includes Special Events and Partnerships within our community! Registration, information, and contacts are all identified. If in doubt... please contact me.

St. Luke's Community Centre will continue to host many of our groups. 2019 will see popular groups, such as Jumpstart, Artistically Yours and Cook and Carry Out continue. We will be offering bowling and 'engaging with technology' once again.

We will return to Queen Elizabeth Park Community Centre on Monday afternoons for woodworking, ceramics, improvisation, painting and drawing classes. Please see the group descriptions for workshop dates.

For those taking part in our Psychosocial Groups, please make sure you contact your Case Manager/ Team Leader for more information on how to register. We will be offering two Psychosocial groups during the Winter/ Spring session.

If you are a returning member to our groups, welcome back! We hope you find our offerings enriching, engaging and of value to you. For new members, we encourage you to try all groups that interest you. Welcome!

Darryl Clarence

Halton Day Program Group Leader

Hi there!

A warm welcome to you! My name is Ashley Budd, and I am the Day Services Program Manager and Ombudsperson with Mind Forward. Thank you for taking the time to review this calendar, we hope that you find multiple areas of interest. Our Day Services programs are continuing to evolve, which makes this a very exciting time for our organization, and most importantly YOU! It is an absolute pleasure to serve you and I look forward to seeing you at our various Day Services locations.

Again Welcome! We are so happy that you are here.

Warm Regards,

Ashley Budd

Program Manager, Day Services
Ombudsperson

Mission Statement

Peel Halton Dufferin ABI Services exists so that there will be the highest quality of life possible for those persons in the regions of Peel, Halton and Dufferin County whose lives are touched by Acquired Brain Injury.

Table of Contents

Inside this Calendar

- ◆ How to Register Page 3

Halton Day Services Location

- ◆ Programs at a glance (weekly timetable) Page 4
- ◆ Group Descriptions Pages 5-7
- ◆ Special Events Listings Page 8
- ◆ Important Dates to Remember Page 9
- ◆ Agency Information/ Annual Picnic Page 10
- ◆ Community Partners Page 11

Special Points of Interest

- ◆ This Calendar outlines the Halton 2019 Winter / Spring activities and structured group offerings.
- ◆ Please refer to our website (**www.phdabis.org**) for more detailed information, links to our online calendar, registration forms, Lunch N' Learns and Special Events.
- ◆ To give feedback regarding any of our services please contact the Mind Forward Ombudsperson, Ashley Budd via e-mail at ombudsperson@mindforward.org, and via phone 905 949 4411 ext. 253

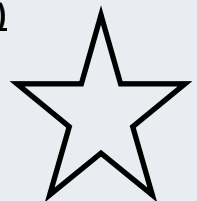
Registration

How to Register

To register, please access the Cognito form link, which will be provided to you by the Day Program Group Leader or your Senior staff. This link will allow you to register for groups of interest, and will provide you with the total amount owed for your complete registration. Once you receive your registration total, please bring in cash/ cheque in the amount owed to the Halton Day Program. If you require additional support with this process you may also consult your Case Manager or seek assistance from a Day Services team member. **Please note that all groups are offered on a first come-first serve basis.**

Payment Method:

1. Pay by cash or post dated cheques. Payment is to be provided at the time of registration.
2. Please make cheques payable to: **Peel Halton Dufferin Brain Injury Services (PHD ABIS)**



PROGRAMS AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Anti-stress and Relaxation (Psychosocial) 10:30 to 12:00 St. Luke's Community Centre 3114 Dundas St. W	JUMPstart 11:00 to 12:00 St. Luke's Community Centre 3114 Dundas St. W	ROM stretch 11:00 to 12:00 <i>(Jan 10 to Mar 28)</i> St. Luke's Community Centre 3114 Dundas St. W Gentle Aqua Fit 10:30 to 11:30 <i>(Apr 4 to June 6)</i> Queen Elizabeth Park 2302 Bridge St.	JUMPstart 11:00 to 12:00 St. Luke's Community Centre 3114 Dundas St. W	Brunch Club 10:30—12:00 St. Luke's Community Centre 3114 Dundas St. W
Bowling 11:00 to 12:00 Classic Bowl 3055 Dundas St.	Peer Support Group (Psychosocial) 1:00 to 2:30 St. Luke's Community Centre 3114 Dundas St. W	Artistically Yours 1:00 to 2:30 St. Luke's Community Centre 3114 Dundas St. W	BINGO and Board Games 12:30—2:00 St. Luke's Community Centre 3114 Dundas St. W	
Artist Workshops 2:00 to 4:00 Queen Elizabeth Park 2302 Bridge St.	Cheap Date Movie Night 3:30 to 6:30 Film.ca Theatre 171 Speers Rd.	Cook and Carry Out 2:30—4:00 St. Luke's Community Centre 3114 Dundas St. W	Engaging with Technology 2:30—4:00 St. Luke's Community Centre 3114 Dundas St. W	Making a Band 1:30-2:30 Massive Tank Studios 522 Postridge Rd.

Psychosocial Groups by Referral Only

Please contact your Case Manager or Group Leader for more information

Halton Groups & Descriptions

Anti-Stress and Relaxation (Psychosocial) @ St. Luke's Community Centre 3114 Dundas St.

Monday January 7th-Monday June 17

This group will help individuals understand stress and identify personal stressors. Participants will learn coping strategies and various relaxation and meditation techniques that can be implemented in their daily lives.

Bowling @ Classic Bowl 3055 Dundas St.

Monday January 7 —Monday June 17

Cost: \$157

Bowling has many physical and cognitive benefits such as muscle toning and strengthening, improving social skills, reducing stress and enhancing hand/ eye coordination.

Artist Workshops@ Queen Elizabeth Park 2302 Bridge St.

Monday January 14—Monday June 17

We are pleased to offer 8 artist workshop programs throughout the Winter/ Spring session. Woodworking continues to be a popular group and will be available multiple times. The following is a breakdown of the workshops, including the weeks they will be offered and their respective costs:

Group	Dates	Description	Cost
Woodworking 1	January 14, 21, 28	Learn to use hand tools, and power tools while enhancing your finishing skills. New projects are completed each session.	\$36
Clay Sculpting	February 4, 11	2 projects will be completed. One project will be a coffee mug. Projects will be painted and glazed.	\$25
Drawing Skills	February 25, March 4	Receive college level instruction in a professional studio space, using charcoal on newsprint.	\$25
Woodworking 2	March 18, 25, April 1	Our second offering in the woodshop. A new project will be created during this session.	\$36
Woodworking 3	April 8, 15, 29	Our third woodworking session.	\$36
Improv.	May 6, 13	A second opportunity for dramatic expression. Groups will be comedic in nature and led by a trained professional actor.	\$20
Painting Skills	May 27, June 3	A workshop emphasizing proper painting techniques.	\$25
Woodworking 3	June 10, 17	Our fourth and final session in the woodshop. NOTE* only 2 classes for this workshop.	\$24

HALTON GROUPS AND DESCRIPTIONS

JUMPstart @ St. Luke's Community Centre 3114 Dundas St.

Tuesday January 8— Tuesday June 18

Thursday January 10— Tuesday June 20

Cost: No Fee

This ever popular group includes some warm-up exercises, stretching, strength training, and light cardio. Exercises are geared towards the individual abilities of each participant. *This group is offered twice a week.*

Peer Support Group (Psychosocial) @ St. Luke's Community Centre 3114 Dundas St.

Tuesday January—Tuesday June 18

This group is intended for individuals who are looking for support in the areas such as stress, social skills, recreation/leisure, relationships, etc. The purpose of the group is to provide participants with an open, non-threatening, supportive environment in which to problem solve issues that may arise from these topics.

This group will also assist participants in establishing a supportive peer network.

Cheap Date Movie Night @ Film.ca 171 Speers Rd.

Tuesday January 8—Tuesday June 18

Cost: Pay as you go

Come join us for a fun evening at the movies every Tuesday at Film.ca. Movie options will be sent out to participants ahead of time.

*** NEW* ROM Stretch @ St. Luke's Community Centre 3114 Dundas St.**

Wednesday January 9—Wednesday March 27

Cost: No Fee

This group is a modified version of the Jumpstart program. It is geared toward individuals who are interested in improving their range of motion, increasing flexibility and alleviating stiff muscles.

Gentle Aqua Fit @ Queen Elizabeth Park, 2302 Bridge Rd.

Wednesday April 3—Wednesday June 5 (10 week class)

Cost: Adults: Pay as you Go

Get involved in this program if you enjoy gentle exercise and socializing with others. If you like water and want to improve or maintain your current level of activity this is the group for you!

HALTON GROUPS AND DESCRIPTIONS

Artistically Yours @ St. Luke's Community Centre 3114 Dundas St.

Session 1: Wednesday January 9—Wednesday March 27

Session 2: Wednesday April 3 - Wednesday June 19

Cost: \$20 per session (\$40 for both sessions)

Artistically Yours utilizes art as a medium in which participants express self-discovery, emotional growth and self-reflection. A volunteer from the Oakville Art Society will attend some of the sessions to offer instruction.

Cook and Carry Out @ St. Luke's Community Centre 3114 Dundas St.

Session 1: Wednesday January 9—Wednesday March 27

Session 2: Wednesday April 3 - Wednesday June 19

Cost: \$90 per session (\$180 for both sessions)

The goal of this group is to teach participants how to prepare healthy and economical meals with confidence. Participants will learn safe food handling techniques and will experiment with ingredients. A dinner entrée will be prepared for each participant to take home with them.

BINGO and Board Games

Thursday January 10—Thursday June 20

Cost: \$50

A weekly bingo game will be held at St. Luke's community centre. Scratch tickets will be used as prizes. On occasion, the group will try a selection of other popular card and board games.

Engaging with Technology @ St. Luke's Community Centre 3114 Dundas St.

Thursday January 10—Thursday June 20

Cost: No Fee

This workshop style group will introduce and expand one's knowledge of digital technology. We will begin with basic concepts and learn how to do many useful things over the Internet. Each week we will explore new topics including: Internet safety/ privacy, how to use popular websites and phone applications.

Brunch Club @ St. Luke's Community Centre 3114 Dundas St.

Session 1: Friday January 11— Friday March 22

Session 2: Friday April 5—Friday June 21

Cost: \$50 per session (\$100 for both sessions)

Help prepare light meals and/or baked goods. Once the cooking is complete, participants will enjoy their food while socialising with each other. Enjoy food, coffee, TV, music and video games. All ability levels are welcome at Brunch Club.

Making a Band @ Massive Tank Studios 522 Postridge Dr. Oakville

Friday January 11—Friday March 22

Friday April 5—Friday June 21



Halton Day Services
SPECIAL EVENTS
 January-March 2019

	Date/Time	Event/Location	Fee
	Saturday January 19th 11:00—1:00	Brunch Out @ Ben & Florentines 146 Lakeshore Rd. Oakville	Pay As You Go
	Wednesday February 6th 9:00—4:00	Ice Fishing @ Island Lake Conservation Area—Orangeville (Transportation from Oakville)	\$30.00
	Saturday February 9th 12:00—2:30	BINGO! @ Delta Bingo 483 Speers Rd. Oakville	Pay As You Go
	Saturday February 23rd 11:30—1:30	Lunch out @ Maro's Bistro 135 Kerr St. Oakville	Pay As You Go
	Saturday March 2nd 2:00—3:30	Recreational Skate @ Glen Abbey Community Centre 1415 Third Line Oakville	Pay As You Go
	Saturday March 23rd 11:30—1:30	Lunch out @ Boston Pizza 270 North Service Rd. Oakville	Pay As You Go

*** More exciting Special Events to come for the months of April—June ****



Important Dates and Holidays

January**Event**

Tuesday January 1st
Monday January 7th

Office Closed—New Years Day
First Day of Winter Session

February**Event**

Monday February 18th

Office Closed—Family Day

March**Event**

Sunday March 10th
Friday March 29th

Daylight Savings Begins
Last Day of Winter Session

April**Event**

Monday April 1st
Friday April 19th
Monday April 22nd

First Day of Spring Session
Office Closed—Good Friday
Office Closed—Easter Monday

May**Event**

Sunday May 12th
Monday May 20th

Mother's Day
Office Closed—Victoria Day

June**Event**

Sunday June 16th
Friday June 21st

Father's Day
Last Day of Spring Session

— T H E —
BOUNDLESS
— S C H O O L —

Interested in pushing your limits and learning something new? Join us at the Boundless School for a week of adventure where you'll be inspired, challenged and encouraged to overcome obstacles!

To register, contact Michael Ferrel (905-949-4411 ext. 227)

Find out more about
Caregiver Services

We want to know what you need! Please contact Ruth Spencer, Group Leader
Caregiver Services at 905 949 4411 ext. 231 for further information

- Peer Support Group
- Education
- Resources
- Respite
- Peer Mentoring
- Socialization!

**Annual Mind
Forward Picnic 2019**

Sunday August 25, 2019
Mississauga Valley Park

For more information please contact Michael Ferrel (905 949 4411 ext. 227)

THANK YOU TO OUR VALUED COMMUNITY PARTNERS

Access 2 Entertainment

Able Living (Greaves location)

Argus Info Systems: Dan Pilgrim

Art Gallery of Ontario

Atlas Care Heating and Cooling: Roger Grochmal

Avalon Care Centre: Karen Lubianetzky

Binder Dijker Otte (BDO): Mike Hiley, Erika Teklits

Blaney McMurtry & Associates: Maria Kotsopoulos, Maureen Merrill, and Margaret Rintoul

Boundless Adventures: Steve Gottlieb

Boston Pizza, Resolution Drive, Brampton

BIAPH (Brain Injury Association of Peel and Halton): Jorun Rucels

Brampton City Councillor: Gurpreet Dhillon

Brain Injury Services: Mila Ray-Daniels, Candy Saraf

Catalano Wealth Management: John Catalano

Choudhry Witczak Investments

City of Brampton

City of Mississauga

Civitan Club of Oakville : George Horhota, Philip Szabo & Chris Smith

Classic Bowl Mississauga

CN Rail : Mike Anderson , Manager, Ticket Sales & Services

Comic Connection Oakville : Rich Stokes and Rob Lantz

Costco Wholesale Heartland

Community Trust: Chris Humeniuk

Coptic Centre: Shawkey Girgis

Community Head Injury Resources Services: Marnie Russell

film.ca Inc.: Bryn Perras, Jason Speers, and Jeff Knoll

Famous Players Coliseum

Glen Haffy Conservation Area

HABI (Headwaters ABI): Norman Phillips & Kindrey Rowland

Halton Aphasia Centre (HAC)

Hamilton Health Sciences: John Zsofczin

Health System Solutions: Barbara Pidcock

Hershey Centre– Mississauga Steelheads

Heart Lake Conservation Area

Hourglass Workout Studio: Leni Strineka

Howie Sacks and Henry, Toronto: Adam Wagman

Hynek Financial Group: Douglas Hynek

Indus Community Services: Gurpreet Malhotra

Island Lake Conservation Area: Warren Moore

Illusion Landscaping & Lawn Maintenance Inc.

Jack Astor's, Queen Street, Brampton

John Paul II Polish Cultural Centre: Jan Szymandera

Joel Anderson (Jim Cuddy Band)

Kerr Street Mission: Garry O'Neill

Leon Pharmacy: Robert and Michael Nashat

"Les Chanteuses": Amy Donaldson, Ginger St. James, Rae Billing, Shelley Budd

Maid of all Work: Mike and Caroline Maurice

Martin & Hillyer Associates: James Page and Clair Wilkinson

Moonshine Café, Oakville: John and Jane Marlatt

Massive Tank Music Studios: Ryan Switzer and Laura Kent

Metro Toronto Zoo

Mississauga Arts Council: Mike Douglas

M.P.P, Orangeville: Honorable Sylvia Jones

Metro South Oakville Mall

Nidea Partners

Novotel Mississauga: Ganna Kuzavova

Oakville Art Society

Oatley Vigmond

Ontario Brain Injury Association (OBIA): Ruth Wilcock and Tanya Jewell

Ontario Science Centre

Ontario Neurological Foundation (ONF): Corinne Kagan, Judy Gargaro

Orangeville Theatre

Osprey Valley Golf: Brad Pinnell

Peace Ranch: Kerri Eatough

Peel Living, Britannia Place, Mississauga

Peel Region

Pipes and Taps Pub: Tricia Stewart

Prince Theodore Foundation: Ramez Tawfik

Rotary Club of North Peel

Rose Theatre, Brampton

Seyone Medical Corporation

SNAP'D Mississauga: Rob Adams

Starbucks Coffee, Dorval Crossing, Oakville

St. Luke's Community Center: Roy Campbell, Jessica Howden

Supportive Housing In the Province (SHIP)

TDL Group Corp.

Ten and Ten Driving Range

Tomato King 2010 Inc.: John DiLorito

Town of Halton Hills

Town of Oakville

Town of Orangeville

University of Toronto Emily Nalder

Viva Contracting: Michael Corridore

VOVA Design: Ivan Lukomski

Website Design: Joseph Gottli; **Photography:** Austin Kent

Our programs and services would not be possible without our funders:

Ministry of Health
and Long Term Care



Mississauga Halton
LHIN



Central West
LHIN



Ontario Trillium
Foundation



Halton Region

