



ONLINE SUPPORT GROUPS SCHEDULE (OPEN TO ALL MEMBERS)

Weekly Online Support Group Meetings for ABI Survivors & Caregivers:

Tuesdays 7:00pm to 8:30pm (end time may vary)

Meeting topics change from month to month please see schedule below

Members simply register following the RSVP link provided in your weekly BIAPH email. Once registered for the Zoom meeting you will receive the meeting link. If needed you can also be connected to the meeting through the phone. New members welcome, please contact us for information.

For Questions and/or Inquiries Please Contact us at 905-823-2221 / Toll free: 1-800-565-8594 or Email supportgroups@biaph.com if you have questions or need a hand connecting to online meetings.

Tuesday February 02, 2021

Nikki Vinci of PACE Independent Living - Online Programming available through PACE

Tuesday February 09, 2021

Jayesh Prajapati, Experienced Meditation Instructor - Benefits of Meditation and How to Use Meditation During Life Challenges

Tuesday February 16, 2021

Dr. Tahir Malik of The Neurofeedback Focus Centre - Optimizing Brain Function - Intervention, Results and Rationale

Tuesday February 23, 2021

Trevor Buttle of GBA LLP Chartered Professional Accounts – Taxes and Tips for Completing your Claim