



Online SUPPORT GROUPS for ABI Survivors & Caregivers

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

Members register via weekly email. Once registered a meeting link is sent to the email listed on the registration to join on the date of the meeting. 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 Contact 905-823-2221 or Email supportgroups@biaph.com

Upcoming Meetings

Tuesday April 06, 2021

Betty Clara of The Self-Management Program Halton Healthcare Services - Upcoming online programs for chronic disease and chronic pain management as well as a call for Leaders

Tuesday April 13, 2021

Jayesh Prajapati, Experienced Meditation Instructor - Being Responsive and Not Reactive

Tuesday April 20, 2021

Delbert Blakney, Fire Inspector with The Kingston Fire & Rescue - Fire Prevention and Safety

Tuesday April 27, 2021

Caregivers Virtual Get Together - Meeting is open for caregivers to connect with other caregivers. Please join to discuss issues and coping strategies.