

Headspin Support Group Meeting Schedule

Our weekly Headspin Young Adult Support Group meets every Thursday from 7:00 PM to 8:30 PM (end time may vary). Meetings are held both in-person at community locations and online via Zoom. To participate, please register via the weekly email, and you'll receive a meeting link or phone access details. Registration is required to ensure you receive any updates. New members are always welcome—contact us for more information. For questions or inquiries, call 905-823-2221 or email supportgroups@biaph.com.

November 2024

07
NOVEMBER
7-9 PM
IN PERSON

York U: Infographic Workshop Series (Day 5)

A workshop for exploring what infographics about what brain injuries should look like. Food will be provided.

14
NOVEMBER
7-9 PM
ONLINE

Canva Tutorial Series (Day 1)

Learn the basics of Canva by designing a festive invitation. In this quick, hands-on session, you'll pick colors, fonts, and holiday themes to make an eye-catching invitation