

# June 2018

Hamilton Brain Injury Association  
 822 Main Street East | Hamilton, ON L8M 1L6  
 Office: (905) 538-5251 | info@hbia.ca | www.hbia.ca

**Clubhouse Hours of Operation**  
 Monday 9:00 – 2:00  
 Tuesday 9:00 – 2:00  
 Wednesday 12:00 – 6:00  
 Thursday 9:00 – 2:00  
 Friday/Saturday/Sunday : CLOSED



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 Mask Project Reveal 4:00pm Candlelight Vigil 6:00pm	
3	Support Group 10:30-12:00	Glee Club 10:30-12:00 Family & Caregiver Support Group at Regional Rehab Centre 6:30pm-8:30pm	Annual General Meeting 10:30-12:30 *CLUBHOUSE OPENS AT 3:30* Support Group 4:00pm-5:30pm	Support Group 10:30-12:00	CLUBHOUSE CLOSED HBIA Info Booth at Regional Rehab Centre 9:00-12:00	9
10	CLUBHOUSE CLOSED	Glee Club 10:30-12:00	Support Group 4:00pm-5:30pm	 CLUBHOUSE CLOSED Community Outing Yoga for Caregivers Spouse Support Group	CLUBHOUSE CLOSED ← Visit second page for event details.	 13 <sup>th</sup> Annual 5K By the Bay
17	CLUBHOUSE CLOSED	CLUBHOUSE CLOSED	Clubhouse Planning Group 11:30-1:00 Support Group 4:00pm-5:30pm	Support Group 10:30-12:00	CLUBHOUSE CLOSED	23
24	Support Group 10:30-12:00	Glee Club 10:30-12:00	Support Group 4:00pm-5:30pm	Support Group 10:30pm-12:00pm	CLUBHOUSE CLOSED	30

*\*\*Please note that times and dates of all programs are subject to change. Please contact us or view our online calendar for updates! \*\**

### ***June 14: CLUBHOUSE CLOSED***

- *Community Outing in support of* Brain Injury Services. Details: Mask Reveal Event at Spice Factory (121 Hughson Ave. N., Hamilton), 11:00 - 2:00pm Performance by Preetam Sengupta. This event is free to join. Event Contact: Beth Astles of Brain Injury Services (bastles@braininjuryservices.com or 905-523-8852 ext. 222).
- *Yoga for Caregivers* at Fortinos Community Room (65 Mall Road, Hamilton). This event is open to anyone supporting or caring for an individual with an ABI. This event held by Yoga Instructor, Christina and is free to join. Limited space available. Contact HBIA for additional details or to register.
- *Spouse Support Group \*Special Location\** at Regional Rehab Centre 7:00pm-9:00pm.