



Mind Brain Injury
Services
Forward

DAY SERVICES CALENDAR

SPRING 2026

MAY 4 - JUNE 26, 2026



*Celebrate the arrival of
spring with us! Join Day
Services for a joyful time of
connection, creativity, and
seasonal fun.*



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Sign Up

- Scan QR Code or Go to Link
- Fill out form
- Pay by:
 - a. Cash
 - b. Cheque
 - c. E-transfer (payments@mindforward.org)

<https://forms.office.com/r/ra5AK1cVu3>





FAQ

LOCATIONS

- Mississauga
- Halton (Oakville, Milton)
- Central-West (Brampton, Orangeville)

TYPES OF PROGRAMS

- Virtual Services
- Drop-In Services
- Community- Based Services

COST?

- Free and paid programs are available

REGISTRATION

- Registration is required for all programs and special events.

**Due to limited spaces, registration does not guarantee placement. A confirmation from your manager will be sent to inform you of all the session that you have successfully been enrolled.*



Drop-In Services

MONDAY: 12:00 pm- 4:00 pm
TUESDAY: 9:30 am - 4:00 pm
WEDNESDAY: 9:30 am - 4:00 pm
THURSDAY: 9:30 am - 4:00 pm
FRIDAY: 9:30 am - 4:00 pm

LOCATION: Mississauga (Head Office)
176 Robert Speck Parkway
Mississauga, ON, L4Z 3G1





Key Program Areas

COGNITIVE

Skill-building activities help improve cognitive skills, and build confidence. They can range from cooking, to building something, or even playing a game with some friends.

PHYSICAL

Physical activities help improve strength, balance, coordination, and thinking skills. They can reduce stress, improve mood, and support recovery and overall health.

EMOTIONAL

Program such as art, meditation, and creative writing, give clients ways to relax, focus, think, and enjoy creative expression while supporting emotional well-being.

SOCIAL

Social activities and recreational outings build confidence, improve communication, reduce isolation, and give a sense of purpose and well-being.





VIRTUAL DAY SERVICES CALENDAR

May 4 to June 26, 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Monday Recharge</u> 10:00 am - 11:00 am</p>	<p><u>Cars 101</u> 10:00 am - 11:00 am</p>	<p><u>Book Club (H)</u> 10:00 am - 11:00 am</p>	<p><u>Discovery</u> 10:00 am - 11:00 am</p>	<p><u>Meditation & Self</u> 10:00 am - 11:00 am</p>
<p><u>Thinking Spot</u> 11:00 am - 12:00 pm</p>	<p><u>Move & Groove</u> 11:00 am - 12:00 pm</p>	<p><u>Around the World</u> 11:00 am - 12:00 pm</p>	<p><u>Healing Harvests</u> 11:00 am - 12:00 pm</p>	<p><u>Community Scoop</u> 11:00 am - 12:00 pm</p>
<p><u>Mindful Music (H)</u> 1:30 pm - 2:30 pm</p>	<p><u>Cyber Escape</u> 1:00 pm - 2:00 pm</p>	<p><u>American Sign Language (ASL)</u> 2:00 pm - 3:30 pm</p>	<p><u>True Crime</u> 2:00 pm - 3:00 pm</p>	<p><u>Afternoon Jumpstart</u> 1:30 pm - 2:30 pm</p>
<p><u>Animal Kingdom</u> 3:00 pm - 4:00pm</p>	<p><u>Thinking Spot</u> 2:00 pm - 3:00 pm</p>		<p><u>Drawing with Friends</u> 3:00 pm - 4:00 pm</p>	<p><u>Creative Writing</u> 2:30 pm - 4:00 pm</p>



Mississauga Facilitators



Central West Facilitators



Halton Facilitators

Virtual Link:

<https://mindforward.communitycareconnection.com/rooms/day-services-virtual-programsa6090746-1222-4962-8e8d-3922c81f8ab1?roomName=Day%20Services%20Virtual%20Programs>

VIRTUALS

Monday Recharge

A balanced start to the week combining social connection with light movement to boost energy and mood.

Thinking Spot

A fun and stimulating mix of brain teasers, trivia, and games designed to keep your mind sharp.

Mindful Music

A hybrid program exploring music, its history, and meaningful songs in a relaxed and engaging way.

Cyber Escape

An interactive online escape room experience where participants solve puzzles and challenges together.

Animal Kingdom

Go virtually across the globe to explore different animals around the planet.

Cars 101

An accessible introduction to cars, covering everything from basics to enthusiast knowledge.

Move & Groove

A fun and moving fitness group geared to have fun while exercising.

Book Club

A collaborative hybrid group where participants choose, read, and discuss books together.

Around the World

Travel virtually across the globe to explore cultures, places, and new perspectives

Discovery

Dive into meaningful conversations, debates, and topics that go beyond everyday discussions.

Drawing with Friends

A virtual art group where all skill levels come together to learn and practice drawing.

True Crime

Engage in discussions about real-life cases, criminal psychology, and notable investigations.

American Sign Language (ASL)

Build your American Sign Language skills week by week in an engaging and supportive setting.

Healing Harvests

Explore herbs, plants, and natural remedies through a holistic, everyday wellness lens.

Meditation and Self- Discovery

Slow down, reflect, and build mindfulness skills to support inner calm and self-awareness

Community Scoop

Connect and chat about weekend plans, events, and what's happening in the community.

Afternoon Jumpstart

Kick off the weekend with an energizing and accessible workout session.

Creative Writing

Unlock your creativity through guided writing and storytelling in a supportive environment.



MISSISSAUGA DAY SERVICES CALENDAR

May 4 to June 26, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Morning Walk 9:30 am - 9:50 am	Morning Moves 9:30 am - 9:50 am	Morning Walk 9:30 am - 9:50 am	Morning Moves 9:30 am - 9:50 am
Colourful Minds 10:00 am - 11:30 am	Learn to Write 10:00 am - 11:00 am	Maker's Craft 10:00 am - 11:00 am	Bingo 10:00 am - 11:00 am	Baking 10:00 am - 11:30 am
Classic Bowl 11:00 am - 12:00 pm <i>\$108/8wks</i>	Lets build (Lego) 11:00 am - 12:00 pm <i>Limited Spaces</i>	Life Skills 11:00 am - 12:00 pm <i>Limited Spaces</i>	Upper Mobility 11:15 am - 12:00 pm	
Lunch	Lunch	Lunch	Lunch	Lunch
Mindful Music (H) 1:30 pm - 2:30 pm	Fun and Fitness 1:00 pm - 2:00 pm	STEM Lab 1:00 pm - 2:30 pm <i>Limited Spaces</i>	Artistically Yours 1:00 pm - 2:30 pm	Board Games 1:00 pm - 2:00 pm
Cook N Carry 2:30 pm - 4:00 pm <i>Limited Spaces</i>	Baking 2:30 pm - 4:00 pm	Dinner & Movie \$ 3:00 pm - 6:00 pm <i>\$80/8wks</i> <i>Limited Spaces</i>	Euchre & Poker 2:30 pm - 4:00 pm	Ukelele 2:00 pm - 2:45 pm
		Cook N Carry 3:00 pm - 4:30 pm <i>Limited Spaces</i>		Friday Jam Session 2:45 pm - 4:00 pm

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(H) indicates hybrid programs offered both virtually and at one of our locations.
(\$) indicates paid groups

HEAD OFFICE

Colorful Minds

Explore different art mediums through guided, step-by-step projects that build over multiple weeks.

Mindful Music

A hybrid program exploring music, its history, and meaningful songs in a relaxed and engaging way.

Cook N Carry

For more experienced cooks, try new recipes and take your delicious creations home to enjoy.

Morning Walk/ Morning Moves

Start your day with a refreshing walk or move around alongside a facilitator.

Learn to Write

Improve your penmanship and develop a more polished, expressive writing style.

Let's Build Lego

Get creative with Lego as we build unique and imaginative structures beyond the basics.

Fun and Fitness

A high-energy workout combining weights, cardio, and interval training for active participants.

Baking

Discover the art of baking with both sweet and savory recipes you can enjoy and share.

Maker's Crafts

Create fun, hands-on projects that go beyond traditional crafts—think Pinterest-inspired and more.

Life Skills

Work toward individualized goals, from building independence to strengthening everyday skills.

STEM Lab

Dive into hands-on science experiments and building activities that spark curiosity and creativity.

Dinner and Movie (\$80/ 8 wks)

Enjoy a relaxed evening program with a shared meal and a movie experience.

Upper Mobility

Focus on building upper body strength and improving functional movement.

Board Games/ Bowling, Euchere & Poker

Exactly what it is!

Music Group

Explore music through instruments like ukulele, keys, and more while building skills together.

Friday Jam Session

A laid-back session for music lovers to play, listen, and enjoy good vibes together.

Classic Bowl (\$ 108/ 8 wks)

Come relax, play, and enjoy some bowling with the day services peers.



CENTRAL WEST DAY SERVICES CALENDAR

May 4 to June 26, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Orangeville Walking Group</u></p> <p>Alder St. Recreation Center</p> <p>10:00 am-12:00pm</p>	<p><u>Tea and Chat</u></p> <p>Nance Horwood Place</p> <p>10:00 am-12:00pm</p>	<p><u>Book Club & Enhance Me</u></p> <p>Nance Horwood Place</p> <p>10:00 am-12:00pm</p>	<p>Join us all-day for Virtuals!</p>	<p><u>Mindful Walk</u></p> <p>Nance Horwood Place</p> <p>10:00 am-12:00pm</p>
<p><u>Lunch</u></p>	<p><u>Lunch</u></p>	<p><u>Lunch</u></p>		<p><u>Lunch</u></p>
<p><u>Orangeville Games</u></p> <p>Alder St. Recreation Center</p> <p>12:00pm - 3:00 pm</p>	<p><u>Fun & Fitness</u></p> <p>Nance Horwood Place</p> <p>1:00 pm - 2:00 pm</p> <p><u>Brampton Games</u></p> <p>Nance Horwood Place</p> <p>2:00 pm - 3:00 pm</p>	<p><u>Colorful Connections</u></p> <p>Nance Horwood Place</p> <p>1:00 pm - 3:00 pm</p>		<p><u>Cooking Club</u></p> <p>Nance Horwood Place</p> <p>1:00 pm - 3:00 pm</p>

(H) indicates hybrid programs offered both virtually and at one of our locations.

(\$) indicates paid groups

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CENTRAL WEST

Orangeville Walking Group

A welcoming walking group for those in the Orangeville area looking to stay active and get moving

Orangeville Games

Enjoy fun, active games while connecting and engaging with peers.

Tea and Chat

Relax with coffee or tea while socializing and connecting with others.

Enhance Me

A supportive space to work on personal goals, build life skills, and focus on growth and positivity

Colorful Connections

Explore different art mediums through guided, step-by-step projects that build over multiple weeks.

Mindful Walk

Embrace the spring season with a calming and active outdoor walking experience.

Cooking Club

Build practical cooking skills, try new recipes, and enjoy the meals you create.



HALTON DAY SERVICES CALENDAR

May 4 to June 26, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Gardening Group</u></p> <p><i>St. Luke's</i> 3114 Dundas St, Oakville</p> <p>10:00 am - 12:00 pm</p>	<p><u>3D Printing Group</u></p> <p><i>St. Luke's</i> 3114 Dundas St, Oakville</p> <p>10:00 am - 12:00 pm</p>	<p>\$</p> <p><u>Woodworking Group</u></p> <p><i>Queen Elizabeth Park</i> 2302 Bridge Rd, Oakville</p> <p>10:00 am - 12:00 pm</p> <p>\$150 /8wks <i>Limited Spaces</i></p>	<p><u>Artistically Yours</u></p> <p><i>St. Luke's</i> 3114 Dundas St, Oakville</p> <p>10:00 am - 12:00 pm</p>	<p>\$</p> <p><u>Oakville Stokers</u></p> <p><i>Glen Abbey Centre</i> 3114 Dundas St, Oakville</p> <p>9:30 am - 12:00 pm</p>
	<p><u>Coffee Meetups</u></p> <p><i>Locations TBD</i></p> <p>12:00 pm - 1:30 pm</p>			<p>M <i>Limited Spaces</i></p>
<p><u>Challenge Golf</u></p> <p><i>Tee Zone</i> 4105 Regional Rd 25, Oakville</p> <p>12:30 pm - 3:00 pm</p> <p>M</p>	<p><u>Cook & Carry</u></p> <p><i>St. Luke's</i> 3114 Dundas St, Oakville</p> <p>2:00pm - 4:00 pm</p>	<p>\$</p> <p><u>Goji Yoga</u></p> <p>3465 Rebecca St. Unit 101, Oakville</p> <p>2:00pm - 3:00 pm</p> <p>\$100 /8wks <i>Limited Spaces</i></p>	<p>\$</p> <p><u>Neuroboxing</u></p> <p><i>JTI Boxing</i> 504 Iroquois Shore Rd Unit 10, Oakville</p> <p>1:30 pm - 3:00 pm</p> <p>\$120/8wks <i>Limited Spaces</i></p>	<p><u>Milton Food Meetups</u></p> <p><i>Locations TBD</i></p> <p>1:30 pm - 4:00 pm</p>

(M) indicates programs that require a membership, speak to a Halton Day Services staff for discounted rates.
(\$) indicates paid groups

*Meetups in community are pay as you go

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HALTON

Gardening Group

Learn the fundamentals of gardening while getting hands-on experience planting and growing.

Challenge Golf

Join peers and partners for a fun and supportive golf experience focused on participation and enjoyment.

3D Printing Group

Learn 3D printing while creating sustainable, adaptable equipment to support our community.

Coffee Meetups

Join us for a mid-day coffee and casual social time before programming begins.

Woodworking (\$ 150/ 8 wks)

Get hands-on in the woodshop, learning foundational skills while completing guided projects (limited spots available)

Goji Yoga (\$ 100/ 8 wks)

In partnership with a local studio, explore mindfulness, balance and presence through guided yoga sessions.

Artistically Yours

In collaboration with OAS, explore art techniques, learn history, and create meaningful take-home pieces.

Neuroboxing (\$ 120/ 8 wks)

Partnering with a boxing studio, build strength and coordination through movement, repetition & skill building.

Oakville Stokers

Join a community swim program focused on movement, confidence and aquatic engagement.

Milton Food Meet Ups

Explore different local food spots while socializing in the community.

Cook N Carry

For more experienced cooks, try new recipes and take your delicious creations home to enjoy.



MIND FORWARD DAY SERVICES CALENDAR

May 4 to June 26, 2026

OUTINGS & SPECIAL EVENTS

Mississauga

- Friday May 8, 2026: In-Person Mindfulness Meditation at Head Office; 10:30 am - 12:30 pm
- Thursday June 4, 2026: Spring Fling at Head Office Lot; 11:30am - 2:00pm
- Thursday June 25, 2026: Casino Bingo Event at Head Office; 10:00am -12:00pm
- June 3, 2026(Tentative): Lighting of the Clock Tower at Celebration Square; 5:00 - 8:00 pm
- June 22- 26, 2026: Boundless Trip (1); Contact your manager to sign up.
- August 24-28, 2026: Boundless Trip (2); Contact your manager to sign up.

Central-West

- Tuesday, May 5, 2026: Movie Outing in Brampton; 50 Great Lakes Dr.
- Wednesday May 13, 2026: Trip to the ROM (Tickets included)
- Monday, May 25, 2026: Dinner in Orangeville (Location TBD)
- Monday June 15, 2026: Dinner in Orangeville (Location TBD)
- Tuesday June 16, 2026: Movie Outing in Brampton; 50 Great Lakes Dr.
- Wednesday June 17, 2026: Central West BBQ; Heart Lake Conservation Park; 10818 Heart Lake Rd., Brampton.

Halton

- Thursday May 28, 2026: Dinner Out with the Halton Day Services (Location TBD); 5:00 pm-6:30 pm
- Friday June 12, 2026: Lighting of the Pier for Brain Injury Awareness; 8:00pm
- Saturday June 27 2026: Grand River Rafting Club (Details TBD) *Closed Group*

June is Brain Injury Awareness Month, please join us for some additional events to recognize Brain Injury Awareness.



SOME SPECIAL EVENTS ARE PAY AS YOU GO

A confirmation email with more details will be sent directly to your manager closer to the date of each scheduled event.



Meet Our Managers



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**Ontario
Health**



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



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