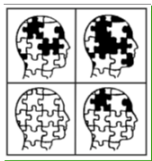


Brain Injury Coalition & Disability Action Center
 Waterland-Breslauer Building. 341 Broadway, Suite 311
 Chico, CA, 95929



🍦 June 🍦



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1). 🎨 * Art from 10am-12pm	2).	3). 📖 * Book Club from 10:15-11:30am:	4). 🧠 Passages Presentation on Sleep/Brain Health: 1:30-2:30pm	5).	6).	7).
8). 🎨 * Art from 10am-12pm	9).	10). 📖 * Book Club from 10:15-11:30am 🎵 * Music Therapy from 3:30-5pm: singing and percussion!	11).	12). ☐ * THRESHOLDS Meeting from 3pm-4:30pm	13).	14).
15). 🎨 * Art from 10am-12pm	16).	17). 📖 * Book Club from 10:15-11:30am:	18).	19).	20).	21).
22). 🎨 * Art from 10am-12pm	23). 🎵 * Music Therapy in Redding! from 3:30-4:30 singing and percussion!	24). 📖 * Book Club from 10:15-11:30am: 🎵 * Music Therapy from 3:30-5pm: singing and percussion!	25). 👥 * Redding Support Group from 1-2 pm	26).	27).	28).
29). 🎨 * Art from 10am-12pm	30).					

- 🎨 **Art Therapy:** Phone number is (53) 370-1285 and is located at 1459 Humboldt Rd, STE. B. This month we are working on pieces that will be displayed in the Monca Art Gallery!
- 🎵 **Music Therapy:** Email rachel@haleymusictherapy.com and located at 2550 Floral Ave, Chico
- 📖 **Book Club:** Phone number is (530) 342-3118 and located at Waterland-Breslaier Building. 341 Broadway, Suite 402 Conference room. We are currently reading The Beauty in Breaking.
- 📅 **Thresholds:** Every Second Friday of the month, NOW from 3:00-4:30 pm at the Enloe Conference Center in the Plane Tree room, 1528 Esplanade, Chico, CA. This meeting will be discussing the transition as we add new staff on our team and say goodbye to others. We will also be reintroducing the support groups we offer and services we provide.
- 🎵 **Music Therapy in Redding:** Join us for music therapy in Redding at 2440 Athens Ave, Redding CA, from 3:30-4:30. We will play music with percussion instruments, learn vocal warm ups, and more!
- 👥 **Redding Peer Support Group:** Every 4th Thursday of the month from 1-2pm at 2440 Athens Ave in Redding CA. This group meets to support one another, socialize with people in the community, and learn about traumatic brain injuries. Contact ellyo@actionctr.org or call (530) 242-8550 if you are interested!
- 🧠 **Passages Presentation on Sleep/Brain Health:** Passages is hosting a presentation by Dr. Caterina Mosti. She will be discussing brain health and ways to get better sleep. This event will be happening on June 4th from 1:30-2:30 at Johns Epsicopal Chruch, 2341 Floral Ave, Chico. RSVP only:
<https://docs.google.com/forms/d/e/1FAIpQLSeauGua8HmYIG8V5DxChZ5divDMmq9sYIKAxOKQscqG153L8w/viewform?usp=dialog>