



**Brain Injury
Community Re-entry**
(NIAGARA) INC.

Learning & Leisure Guide

Spring 2024



Welcome to BICR's Learning & Leisure Guide

Welcome to Brain Injury Community Re-entry (Niagara) Inc.'s (BICR) seasonal Learning and Leisure Guide. This guide profiles program activities that are offered in April, May, and June 2024.

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. Many of the programs and activities being offered will take place in the community as well as the BICR [Unit 1B location, 3300 Merrittville Hwy, Thorold](#). We look forward to your participation in any of these activities. The contacts indicated for each program activity are available to answer questions you may have. Please review this guide and sign up for program activities of your choice.

Thank you and we look forward to hearing from you.

Accessible Formats & Communication Supports

Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 extension 663 or www.bicr.org.

We are also interested in your comments and feedback about accessibility at BICR. Please send us your comments.

Disclaimer:

*Brain Injury Community Re-Entry (Niagara) Inc. acknowledges funding support for many of our programs and services from the Ontario West HNHB and the government of Ontario.
The views expressed in this publication are the views of Brain Injury Community*

Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Ontario West HNHB or the government of Ontario.

Spring Fling

Thursday, April 25
5pm-8:30pm

**Grantham
Optimist Club**

188 Linwell Rd.
St. Catharines

Transportation
not provided.



Music by DJ
Davey D

\$5 ENTRY

Raffle, Pizza,
Pop, and
Desserts
available at an
extra fee.

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MONDAY GROUP

Create a beautiful work of art! Art & Soul uses a variety of techniques, artistic mediums, and tools to create all sorts of different projects.

Join us for paper crafting, stucco painting, acrylic pouring, clay sculpting, and more. Each project is 3 sessions, but may vary.

Art and Soul



- Location : **BICR Unit 1B 3300 Merrittville Hwy, Thorold**
- Dates: **Series #1: Painting with stucco**
Mondays: April 15th, 22nd, 29th
Series #2: Pointillism
Mondays: May 6th, 13th, 27th
Series #3: Decorative Plate Hanging
Mondays: June 3rd, 10th
Series #4: Ceramics with “From the Arts” studio
Mondays: June 24th
- Time: 1:00pm to 3:00pm
- Transportation: Not provided.
- Register by: One week prior to project start date to Katie Hill at 905-682-2678 or via email at khill@bicr.org
- Comments: **Fee is \$15 per project.** Participants must complete their first project before moving to the next.
LATE REGISTRATIONS WILL NOT BE ALLOWED.

MONDAY GROUP

Join in on all the benefits bowling has to offer. Bowling helps to burn calories and work muscle groups not usually exercised. The activity also strengthens friendships and creates new ones. Partake in one or two games of 10 pin bowling and cheer on your friends.



10 PIN BOWLING

- Location :** Parkway Lanes
327 Ontario Street, St. Catharines
- Dates:** April 1st—June 24th
****EXCLUDING HOLIDAYS****
- Time:** 10:00am to 12:00pm
- Transportation:** Not provided.
- Register by:** 48 hours prior to the event to Dave Horton at recreation@bicr.org.
- Comments:** Cost is \$3.50 per game.

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TUESDAY GROUP

Are you interested in learning how to work with wood in a safe setting under the expertise of a qualified wood worker? If you would like to learn more about wood working using only non-powered hand tools, then this is a program for you. Your end result will exceed your expectations.

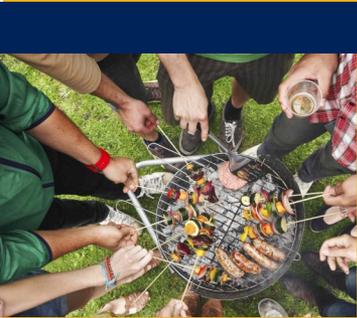
WOOD WORKING



- Location :** Heartland Forest
- Dates:** Six sessions, every Tuesday
April 2nd—May 7th
- Time:** 10am—3pm
- Transportation:** Not provided. Please arrange your own transportation.
- Register by:** Contact Jeff Spelier at 905-687-6788 ext. 640 or email jspelier@bicr.org
- Comments:** Cost for the 6 sessions is \$90

TUESDAY GROUP

Come enjoy time outside with friends and fun in the fresh air. Activities range from rock painting, tie-dye t-shirts, and summer Olympic games. A BBQ lunch will be provided at a cost.



BBQ with Friends

- Location : Crystal Beach boat launch (3855 Terrace Lane, Fort Erie)
- Dates: May 28th, and June 11th, 25th
- Time: 11am—2pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Chelsie Yungblut 905-687-6788 ext. 313 or email cyungblut@bicr.org
- Comments: \$5 lunch fee. Activities fee will be communicated in advance (ie. Tie-dye, crafts)

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TUESDAY GROUP

Enjoy spending Tuesday afternoon with BICR's Women's Recreation Group. The group will run for 10 weeks with a different activity each week. The schedule of activities is provided.

WOMEN'S GROUP



- Location : Various Locations.
- Dates: **April 9th**—Blue Star lunch (Welland) 12pm—2pm
April 23rd—Games @ The Hub 1pm—3pm
May 14th—Surprise Bingo @ Schmon Pkwy 1pm—3pm
May 28th—Wizards mini golf NF 1pm—3pm (Meet at The Hub)
June 11th—Pen Center coffee time 1pm—3pm (Meet at the food court)
June 25th—Safari Niagara 11am—4pm (cost TBD, sign ups will be needed)
- Time: Times vary between 1pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Dawn Wolff @ dwoff@bicr.org or 905-933-3705
- Comments: Cost will be kept to a minimum at approximately \$5 to \$10 depending on the activity.

TUESDAY GROUP

Good food, good friends, good times! Join us at a different restaurant located in St. Catharines and Welland each month for a reasonably priced dinner. Taste the local cuisine, try something new or enjoy your favorite dish, it's up to you. Bring a smile and a hearty appetite.



DINER'S CLUB

Dates and Location :

St. Catharines:

April 9th—Big Marco's

May 14th—Cat's Caboose

June 11th—Kelsey's (YMCA Dr.)

Welland:

April 23rd—The Butcher and Banker

May 28th—Boston Pizza

June 25th—Mossimo's

Time:

5pm to 7pm

Transportation:

Not provided.

Register by:

48 hours prior to the event to Dave Horton at recreation@bcr.org

Comments:

Cost is the price of your meal.

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TUESDAY GROUP

The group organizes a new activity each month for you to enjoy and socialize at. The schedule of activities is provided below.

MEN'S GROUP



- Location : Various Locations
- Dates: April 16th—Lunch @ the Feathery 12pm-2pm
May 21st—Movie @ The Hub 12pm-2:30pm
June 18th—Lunch @ Lester D's 12pm—2pm
(144 Hartzel Rd.)
- Time: Times vary between 12:00pm to 3:00pm
- Transportation: Provided at a cost from 1B
- Register by: 48 hours prior to the event to Dave Horton at
recreation@bicr.org
- Comments: Some weeks may have a cost depending on the activity.

TUESDAY GROUP ***NEW PROGRAM***

This new program is take home cooking re-imagined! Work as a group to make meals in bulk and take home healthy single servings. Work on your slicing and dicing skills, learn safe ways to handle food and kitchen tools, and eat healthy on a budget by buying in bulk with friends.



Take Home Cooking

Location : 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: April 30th

Time: 10am—3pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Contact Katie at 905-682-2678 or via email khill@bicr.org

Register by April 16th

Comments: Price of groceries—price determined by number of people registered. Should be \$15-20 for 3-4 meals. Call ahead for menu.

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TUESDAY GROUP

The brain child of our participant, Kurt Bouwers, he dreamed of a world where Model Railway Clubs were entirely accessible and inclusive.

Let your creative side out by working as a team to create a real-scale size world or working trains. Learn electrical techniques, model reconstruction, micro-landscaping, hand painting, and carving to make this tiny world come to life.

Ridgeville Model Railway Club



- Location: Address will be given upon registration
- Dates: First Tuesday of the month:
April 2nd, May 7th, June 4th
- Time: 1pm—2:30pm
Time subject to change depending on activity and availability.
- Transportation: Not provided
- Register by: Katie Hill at 905-682-2678 or via email
khill@bicr.org
- Comments: Fully accessible model space, and HO scale is used in construction.

TUESDAY GROUP

Join PET and give back to the community! This is a wonderful opportunity to build employment skills for those wishing to pursue employment, or to simply feel good about giving back.

Volunteer opportunities include Humane Society and Goodwill.



Supported Volunteering

- Location: Off site—information received upon registration
- Dates: May 14th—June 25th
- Time: 9am-12pm
- Transportation: Not provided
- Register by: Contact Katie at 905-682-2678 or via email at khill@bicr.org
Register by May 7th
- Comments: Goodwill requires collared shirt and close-toed shoes. Humane Society requires close-toed shoes and clothes that can get dirty.

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WEDNESDAY GROUP

Come out and join Phil and Rick for a classic afternoon of amazing music with our much loved duo. Feel free to request your favourite songs!

MUSIC WITH PHIL AND RICK



Location : **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates: April 24th
May 22nd
June 26th

Time: 2:00pm to 3:00pm

Transportation: Not provided.

Register by: 48 hours prior to the event to Katie Hill at
905-682-2678

Comments: PET will be hosting a “Mini Music Trivia” activity from 1-2pm prior to music with Phil for any individuals who wish to attend.

WEDNESDAY GROUP

The first Wednesday of every month will be games or a movie. Play board games and have a good time with friends.

The third Wednesday of every month will be Casino Night. Come and challenge the dealer to a game of Blackjack.



WACKY WEDNESDAY

- Dates and Location : Location is 3300 Merritville Hwy, Unit 1B
- May 1st: Games
June 5th: Movie
- April 17th, May 15th, June 19th: Casino Games
- Time: 1:00pm to 2:30pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Dave Horton at recreation@bicr.org
- Comments: No cost. Please arrive a few minutes early as the movie starts promptly at 1pm. Movie option may change due to availability on streaming services.

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WEDNESDAY GROUP

Lunch time Diner's Club. Join us at different restaurants located in Niagara Falls once a month for a reasonably priced lunch.

NIAGARA FALLS LUNCH CLUB



**Dates and
Location :**

April 17th—Stacked (7190 Morrison St.)

May 15th—Scoops (8123 Lundy's Lane)

June 12th—Flying Saucer (6768 Lundy's Lane)

Time: 11:30am to 1:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to the event to Dave Horton at recreation@bicr.org

Comments: Cost is the price of your meal.

WEDNESDAY GROUP

Join us the second Wednesday of every month to test your music knowledge .



MUSIC TRIVIA

Location : **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates: April 10th, May 8th, June 12th

Time: 1pm to 3pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to event to Dave Horton at recreation@bcr.org

Comments: N/A

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WEDNESDAY GROUP

Every Wednesday morning, join PET in discussions about all aspects of healthy living. This includes topics from physical health, social health, and mental health.

After the discussion, the group will have an hour of adapted exercise. This may include Tai Chi, dance, or yoga.

The Art Of Healthy Living



Location : **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates:

April

**10th: Tai Chi
17th: Dancercise
24th: Chair Dance**

May

**1st: Tai Chi
8th: Dancercise
15th: Seated
Yoga
22nd: Bust a
Move
29th: Dancercise**

June

**5th: Tai Chi
12th: Chair Dance
19th: Dancercise
26th: Bust a
Move**

Time: 9:30am—12pm

Transportation: Please provide own transportation

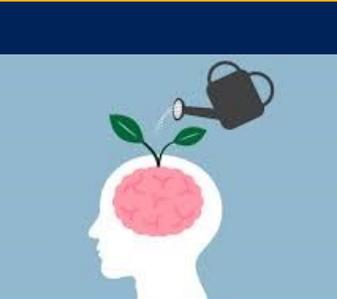
Register by: Contact Katie at 905-682-2678 or via email
khill@bicr.org

Comments: Please wear comfortable clothes and supportive footwear. Bust a Move will be available on Zoom.

THURSDAY GROUP

Join us at Unit 1B every Thursday to learn about brains! This program was developed to help individuals living with ABI to learn about issues surrounding having an injury, how to develop strategies, increase awareness of limitations, and how to focus on your strengths.

Participants will receive helpful resources to take home with them to keep and use.



BRAIN BASICS

- Location : 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates: Every Thursday from April 11th—June 20th
- Time: 9am—12pm Please arrive promptly to begin program
- Transportation: Please provide own transportation
- Register by: Katie at 905-682-2678 or via email at khill@bibr.org
- Comments: This is a structured program with a full curriculum that is cumulative each week. Attendance is expected every week, and to come prepared.

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THURSDAY GROUP

Join us for a variety of games including; darts, trivia, indoor corn hole, cards, bocce, and more.

PUB GAMES

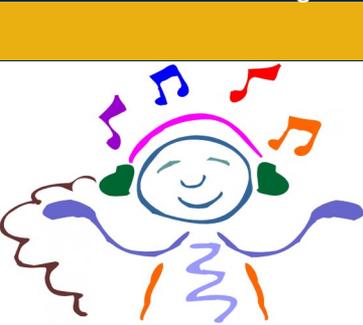


- Location : **3300 Merrittville Hwy, Unit 1B, Thorold**
- Dates: April 4th—June 20th
- Time: 1pm—2:30pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Register 48 hours in advance prior to the event to Dave Horton at recreation@bicr.org
- Comments: No cost. This session is also available through Zoom. A link will be provided upon registration.

FRIDAY GROUP

Music therapy is the skillful use of music and musical elements. Sessions are led by our music therapist, and are designed to engage participants in music in a fun and meaningful way.

Kurt is very engaging and has found a perfect balance of fun and learning using music.



MUSIC With Kurt

Location: 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: Fridays, April 5th—June 28th

Time: 11am—12pm

Transportation: Not provided

Register by: 48 hours in advance

Comments: Please contact Katie at 905-682-2678 or via email at khill@bicr.org.

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FRIDAY GROUP

Join us for a laughing good time at BICR's Laughter Yoga!
Laughing boosts your mood, increases energy, reduces stress, helps relieve pain, and boosts your immune system!

LAUGHTER YOGA



Location : **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates: 2nd Friday of each month:

April 12th

May 10th

June 14th

Time: 1:00pm to 1:45pm

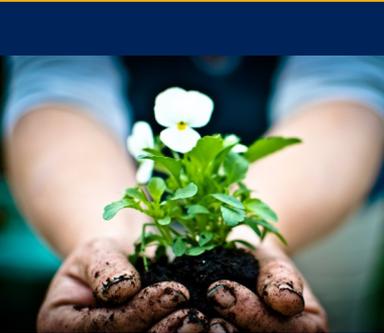
Transportation: Not provided. Please arrange your own transportation.

Register & Pay by: Please call Katie at 905-682-2678 or email khill@bicr.org.

Comments: 48 hours notice for registration.

FRIDAY GROUP

Come and get your hands dirty and relish at the end result. This year round program includes a variety of activities such as weeding, raking, transplanting, seeding, watering and general garden maintenance. See a flower bloom or a vegetable grow and watch the many changing colours of the seasons.



WORK REST&PLAY

- Location : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls
- Dates: April 5th—June 28th
- Time: 10:00am to 11:30am
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hrs prior to the date to Dave Horton at recreation@bicr.org
- Comments: All attendees must wear full back, closed toed shoes. Absolutely no sandals. Dress weather and activity appropriate.

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FRIDAY GROUP

Come visit the sweet and playful pups at **Unit 1B** on the 3rd Friday of each month for pets, paws, and puppy kisses. Join us for wagging good times.

PET THERAPY



Location: **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates: 3rd Friday of each month:
April 19th, May 17th, June 21st

Time: 1:00pm to 2pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Please call Katie directly at 905-682-2678 or email khill@bicr.org

Comments: Please register 48hrs in advance.

A central neon sign with the words "Bonus Bingo" in a white cursive font, surrounded by a glowing cyan and pink circular border. The background is dark blue with several neon bingo balls containing letters: 'B' (top left), 'I' (top right), 'N' (middle left), and 'G' (middle right).

Bonus Bingo

Join PET for a big game of bingo with prizes! Bring a prize worth \$5 to get a prize!

MAY 29, 2024

1PM-2:30PM | 3300 MERRITTVILLE HWY, UNIT 1B

Register 48 hours prior to the event to Katie Hill
at 905-682-2678 or khill@bicr.org



MOVIE NIGHT UNDER THE STARS

JUNE 20

7PM - 10PM

BRAIN INJURY FORT ERIE (649 NIAGARA
BLVD, FORT ERIE)



COME ENJOY A MOVIE AND SNACKS UNDER THE STARS ON THE FIRST NIGHT OF SUMMER.

**BRING A
LAWN
CHAIR**

**\$2 FOR SNACKS
AND TREATS**

**TRANSPORTATION
NOT PROVIDED**

REGISTER BY JUNE 14 TO CHELSIE AT 905-687-6788 EXT. 313 OR
EMAIL CYUNGBLUT@BICR.ORG



22ND ANNUAL BICR BOWL-A-THON

DATE: SUNDAY, JUNE 23

TIME: 12-3PM

LOCATION: PARKWAY SOCIAL, ST. CATHARINES

**Pledge
Minimums:**

ADULTS - \$40

KIDS - \$20

2 games (10 pin)

Shoe rental

**Refreshments at
Parkway Social**



**To register, please contact DAVE HORTON
905-687-6788 ext. 641 or at
recreation@bicr.org**



BRAIN INJURY AWARENESS DAY AT THE PARK



THURSDAY, JUNE 27
10AM TO 2PM



CHIPPAWA PARK (128 FITCH ST.)
WELLAND PAVILLION #2



ENJOY A VARIETY OF
GAMES AND MUSICAL
ENTERTAINMENT BY THE
CONSEQUENCES BROUGHT
TO YOU BY MELODY
MINDS!



RSVP TO KATIE AT
KHILL@BICR.ORG



NO COST
TRANSPORTATION NOT PROVIDED



April 2024

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Ontario Science Center	Wednesday April 3	10am-3pm	Toronto	Cost is \$20 per person, plus transportation. Meet @ The Hub for 8am
Music Trivia	Wednesday, April 10	1pm-2:30pm	The Hub	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, April 17	1pm-2:30pm	The Hub	Casino Games
Music with Rick and Phil	Wednesday, April 24	1pm-3pm	The Hub	Come out and play your favourite songs.
Spring Fling	Thursday, April 25	5pm-8:30pm	Grantham Optimist Club	See flyer for details

April 2024

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, April 9	5pm- 7pm	Big Marco's	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, April 23	5pm- 7pm	The Butcher and the Banker	Cost is the price of your meal.

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Ontario Science Center 10am-3pm 	4	5	6
7	8	9 St. Catharines Diner's Club 5pm-7pm Big Marco's	10 Music Trivia 1pm-2:30pm	11	12	13

14	15	16	17	18	19	20
		Men's Group	Wacky Wednesday 1pm-2:30pm			
21	22	23	24	25	26	27
		Welland Diner's Club 5pm-7pm The Butcher and the Banker	Music with Rick and Phil 1pm-3pm	Spring Fling 5pm-8:30pm		
28	29	30				

May 2024

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, May 1	1pm-2:30pm	The Hub	Games
Music Trivia	Wednesday, May 8	1pm-2:30pm	The Hub	Come out and test your music knowledge.
TFC Soccer game	Saturday, May 11	7:30pm-10pm	Toronto BMO Field	Cost is \$32 per ticket, plus transportation
Wacky Wednesday	Wednesday, May 15	1pm-2:30pm	The Hub	Casino Games
Ripley's Aquarium	Wednesday, May 22	10pm-3pm	Toronto Ripley's Aquarium	Cost is \$35 per person, plus transportation. Meet @ The Hub for 8am
Music with Phil and Rick	Wednesday, May 22	1pm-3pm	The Hub	Come out and play your favourite songs.
Bonus Bingo	Wednesday, May 29	1pm-2:30pm	The Hub	<u>See flyer for details</u>

May 2024

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
St. Catharines Diners Club	Tuesday, May 14	5pm-7pm	Cat's Caboose	Cost is price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, May 28	5pm-7pm	Boston Pizza	Cost is the price of your meal.

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wacky Wednesday 1pm-2:30	2	3	4
5	6	7	8 Music Trivia 1pm-2:30	9	10	11 TFC Soccer Game 7:30-10pm 
12	13	14	15 W...	16	17	18

			Wacky Wednesday 1pm-2:30pm			
19	20	21	22	23	24	25
		St. Catharine's Diner's Club 5pm-7pm Cat's Caboose	Music with Rick and Phil <hr/> 1pm-3pm Ripley's Aquarium 10am-3pm 			
26	27	28	29	30	31	
		Welland Diner's Club 5pm-7pm Boston Pizza	Bonus Bingo Wednesday 1pm-2:30pm			

June 2024

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, June 5	1pm-2:30pm	The Hub	Movie
Blue Jays vs Baltimore	Wednesday, June 5	7pm-10pm	Toronto	Cost is \$27 per person plus transportation. Meet @ The Hub for 3pm
Music Trivia	Wednesday, June 12	1pm-2:30pm	The Hub	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, June 19	1pm-2:30	The Hub	Casino Games
BICR Bowlathon	Sunday, June 23	12pm-3pm	Parkway Social	See flyer for details
Music with Rick and Phil	Wednesday, June 26	1pm-3pm	The Hub	Come out and play your favourite songs.

June 2024

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, June 11	5pm- 7pm	Kelsey's (YMCA Drive)	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, June 25	5pm- 7pm	Mossimo's	Cost is the price of your meal.

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Wacky Wednesday 1pm-2:30pm <hr/> Jays vs Baltimore 7pm-10pm 	6	7	8
9	10	11	12	13	14	15

16		17	18	19	20	21	22
23	Bowlathon 12pm-3pm	24	25	26	27	28	29
30							



**Brain Injury
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(NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

Brain Injury Community Re-entry (Niagara) Inc.
3340 Schmon Parkway, Unit 2
Thorold, Ontario L2V 4Y6

Phone: 905-687-6788 or 1-800-996-8796
Fax: 905-641-2785
Email: staff@bicr.org
Website: www.bicr.org