






HOURS
 Monday – Friday / 11 am - 4 pm
 9-11 am by appointment.
 805-563-2882 x3

Schedule of Events March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 11 Rhythm & Movement 12 Brain Workout 1 Matinee: My Beautiful Broken Brain	3 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group	4 11 Reiki 12 Communication Skills 1:15 Percussion 2:30 Restorative Yoga	5 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Healthy Cooking 2:15 Posture & Stability	6 11 Therapeutic Massage 12 Language Class 1:30 Qigong 2 Art Class
9 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events	10 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga	11 11 Reiki 12 Memory Strategies 1:15 Percussion 2:30 Peer Support Group	12 11:30 Musical Mind Workout 12:30 Birthday Party! 1 Brain Injury Trivia  2:15 Posture & Stability	13 11 Therapeutic Massage 12 Language Class 1:30 Qigong 2 Ceramics
16 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club	17 11 Breaking Down the Brain 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group	18 11 Reiki 12 Communication Skills 1:15 Percussion 2:30 Restorative Yoga	19 11:30 Musical Mind Workout 12:30 iPad Exploration 1 Pragmatic Mathematics 2:15 Posture & Stability	20 11 Statewide Brain Injury Support Group  1:30 Qigong 2 Art Class
23 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Current Events	24 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:30 Restorative Yoga	25  11 Reiki 12:30 Field Trip: Sea Center	26 11:30 Musical Mind Workout 12:30 Upstairs Update 1 Healthy Cooking 2:15 Posture & Stability	27 11 Therapeutic Massage 12 Language Class 1:30 Qigong 2 Ceramics
30 11 Rhythm & Movement 12 Brain Workout 1 Self Defense Workshop 2 Jodi's Book Club	31 11 Baking 12 Mindfulness Meditation 1 O.T. Interventions Group 2:15 Peer Support Group	<p style="text-align: center;"> Our 6th Annual 5k and 1-miler <u>Beach Walk & Roll</u> will take place on <u>Saturday, May 9th!</u> Have you registered yet?</p>		

What's Happening at Jodi House this Month?

Brain Injury Awareness Month!

Did you know that March is Brain Injury Awareness Month? We hope you'll join us for the following Brain Injury Awareness inspired activities and events:

Matinee: My Beautiful Broken Brain

Monday, March 2nd at 1 PM

This film follows the journey of Lotje Sodderland, who documented her recovery after hemorrhagic stroke. After the stroke, Lotje experienced aphasia, the loss of her ability to read, extreme changes in her senses, and an intense feeling of vulnerability.

Brain Injury Trivia

Thursday, March 12th at 1 PM

The purpose of Brain Injury Awareness Month is to educate people about brain injury and its effects to better support brain injury survivors. In order to educate others, you need to be equipped with accurate, important information! Through a game of Brain Injury Trivia, we will learn some shocking facts and statistics about the incidence, prevalence, and significance of brain injury.

Statewide Brain Injury Support Group

Friday, March 20th from 11 AM-12:30 PM

Jodi House is one of seven organizations in California providing psychosocial services to brain injury survivors. Jodi House is partnering with St. Jude Brain Injury Network, another one of the seven organizations, to host a statewide, open-access support group for brain injury survivors and their loved ones. This call will provide Jodi House members with the unique opportunity to connect and share with other survivors throughout the state. Stay tuned for additional details!

Field Trip: The Sea Center

Wednesday, March 25th at 12:30 PM

The Sea Center offers visitors the opportunity to enjoy interactive exhibits, a theater showcasing the wonders of the Santa Barbara Channel, hands-on, close encounters with sea creatures, and a live shark touch pool. Join us as we explore all the Sea Center has to offer! Space is limited so please sign up at Jodi House or call 805-563-2882 x3, to have your name added to the list.

Transportation will not be provided. Instead, please meet in front of the Sea Center at Stearns Wharf (211 Stearns Wharf, SB, CA 93101) at **12:15 PM**. Accessible parking is available at Stearns Wharf. Please let program staff know if you need assistance coordinating a ride. **Please allow yourself extra time to get there as we will begin promptly at 12:30 PM.**

Please note: The Jodi House program will be closed between the hours of 12 PM-2 PM on the day of this field trip.



Jodi House Beach Walk & Roll!

Saturday, May 9th from 8:30 AM-11 AM

Join us for our 6th Annual Beach Walk & Roll Fundraiser to support our community's brain injury survivors! Participants can choose to walk or roll a 1-mile or a 5K route in Chase Palm Park Plaza. The event will include snacks & coffee, music, a health & resource fair, lawn games, a raffle and more! To register, please visit www.jodihouse.org/walkroll/ or call 805-563-2882 x3. Feel free to contact staff with any questions. We hope you can join us for this fun event and thank you for your support!

Jodi House, 625 Chapala St, Santa Barbara CA 93101

Are you interested in membership? Please visit www.jodihouse.org or call 805-563-2882 x3 to schedule a visit.