YOUR NEXT APPOINTMENT

With: _____

Date: _____

Time: _____

Location: _____

About: _____

What to bring:

_____

_____

_____

BIST

Brain Injury Society of Toronto

CHECKLIST:

- ☐ Set a reminder for your appointment in your calendar (phone and / or paper)
- ☐ Write down the route of how to get your appointment.
- ☐ If you're driving, figure out where you will park.
- ☐ If you're on public transit, figure out the route schedule.
- ☐ Bring the items needed for your appointment
- ☐ Additional: