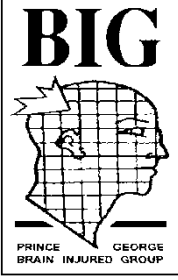


The Prince George Brain Injured Group



JANUARY 2018 Newsletter

Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Introduction to Brain Injury

This is a 3 part workshop that is offered for professionals, family members, and survivors of brain injury. Learn about the brain, how it gets injured, what changes to expect following an injury and how to manage injury and rebuild life. Please call the office (250-564-2447) or talk to your case manager about registering.



Class Schedule

Part 1: Wednesday, January 10th

Part 2: Wednesday, January 17th

Part 3: Wednesday, January 24th

10:00am-11:30am



Women's Group:

Monday, January 22nd

Topic: Rehab through painting

11:00am-12:30pm



Relationship Group:

January 8th, 2018

Topic: Challenges and new ways of moving forward after brain injury

Connect Learn & Grow (CLG)

For any Survivor interested in learning about injury and connecting with other survivors

Wednesdays, 12:30pm – 2:00pm

Rebuilding after Brain Injury

Module 1: Physical Effects

Starts January 31st, 2018

Wednesdays, 11:00am-12:30pm in the little room

Please sign-up with a case manager

Reminders:

We are closed on Monday, January 1st



Best wishes for 2018 from all of us at PGBIG!

Ongoing Groups & Classes:

Rebuilding:

Tuesdays 12:30-2:00pm

Emotional Management:

Thursday – 11:00-12:30am

Therapeutic Yoga:

Friday 10:00am – 11:00am

Karate:

Tuesdays 9:30-10:30am



Outback Sizzler barbeque (Australian Style)

Thursday, January 25th 2018

12:00pm-2:30pm

BIG will be providing meal, Survivors can bring snacks to share

Come enjoy Australian music, food and culture from Ryan our in-house Australian

OPEN SOCIAL

THURSDAYS
1:00pm-2:30pm