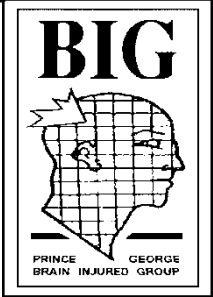


The Prince George Brain Injured Group



February 2018 Newsletter

Upcoming Events/Classes/Groups at PGBIG Phone: 250-564-2447

HURRAY PG BIG IS TURNING 30!!!

Join us on February 15th to celebrate our 30 Year Anniversary!!!

Come dressed up for our Fancy Valentines/ Why We Love PGBIG Party

Time: 1:00PM- 3:00PM

Happy Anniversary

Women's Group:

Monday, January 19th

Topic: TBD

11:00am-12:30pm



Emotional Management

Thursdays 11:00am-12:30pm

Reminders:

We are closed on Monday, February 12st



Ongoing Groups & Classes:

Cribbage

Monday 12:30pm- 2:30pm

Rebuilding:

Wednesday 12:30-2:00pm

Karate:

Tuesdays 9:30-10:30am

Connect Learn & Grow (CLG)

Wednesday 12:30pm – 2:00pm

Open Social Group

Thursday 1:00pm – 2:30pm

Emotional Management:

Thursday – 11:00-12:30am

Therapeutic Yoga:

Friday 10:00am – 11:00am

Rebuilding after Brain Injury

Module 1: Physical Effects

Wednesdays, 10:00am- 11:30pm
in the little room



Relationship Group:

For family members of survivors with brain injury Topics discussed deal with brain injury and the impact it has on family members.

January 5th, 2018

Topic: Desserts & Discussion
6:30pm-8:00pm

Connect Learn & Grow

Class is available for any Survivor interested in the weekly topic being covered or those wanting to connect with other survivors. If you're interested and wish to know more please talk with your Case Manager

VOLUNTEER TRAINING

February 20th, 2018

Time: 1:00pm -2:30pm