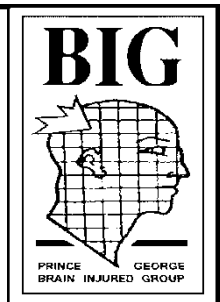


The Prince George Brain Injured Group

MARCH 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.



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Class Schedule

Part 1: Tuesday, March 6th
Part 2: Tuesday, March 13th
Part 3: Tuesday, March 20th
1:00pm-2:30pm



Women's Group now runs twice a month

1st Monday of the month:
Art / painting Session
11:00am-12:30pm

3rd Monday of the month
regular women's group meeting
11:00am-12:30pm

Reminders:
We are closed on Friday,
March 30th & Monday April
2nd for Easter



Open Art Group

Are you interested in Arts but don't have your own space to work on your creations?

Drop in every 2nd Wednesday of the month for an open art session.

Time: 2:30pm- 4:00pm

Bring your own art supplies, PGBIG will provide paint and canvasses

Rebuilding after Brain Injury: Cognitive Effects Runs For 7weeks

Starts March 28th, 2018

Wednesdays, 10:30am-12:00pm in the little room

Please sign-up with a case manager

Join us for a Irish stew cooking contest to celebrate St. Patrick's Day

On Thursday, March 15th, 2018 @ 1:00pm- 2:30pm

Come in with your Irish stew, dumplings, OR bannock, biscuits and bread.

Come dressed in GREEN; there will be gifts for the best green outfit and best Irish stew

Come enjoy games, cooking and friendship

Pls sign up & let us know what you are bringing for the cooking contest

Ongoing Groups & Classes:

Emotional Management:

Thursdays – 11:00-12:30am

Therapeutic Yoga:

Fridays 1:00pm – 2:00pm

Karate:

Tuesdays 10:30-11:30am

Open Social: Thursday 1:00pm-2:30pm

Connect Learn & Grow (CLG)

Wednesdays 12:30pm- 2:00pm

Relationship Group:

Monday March 5th 6:30pm-8:00pm