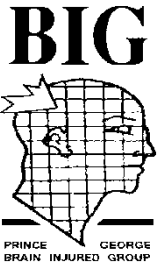


The Prince George Brain Injured Group



APRIL Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Spring Jamboree Party

Thursday, April 19th

1pm-2:30pm

Come celebrate the arrival of spring!

Please bring your favorite side-dish or dessert

BIG will provide Ham and Scalloped Potatoes

Be sure to sign-up!

Please let us know what you are bringing!



Reminders:

Office will be closed on Easter Monday, April 2nd

Relationship Group will be for family members only this month.

There has been an interest in having the family members meet to share their experiences with their peers only. We trust that this will be a meaningful session. We will meet April 9 in the Little Room

6:30pm-8:00pm

Open Art Group

Drop in every 3rd Wednesday of the month for an open art session.

Time: 2:30pm- 4:00pm

This month we will be making Fluffy Pom- Pom rug

Rebuilding - Cognitive Effects Module

March 28th – May 9th

10:30am-12:00pm

Runs every Wednesday for 7 weeks

Learn in a supportive small group setting about strategies for overcoming the cognitive effects of brain injury.

Volunteer Luncheon

Tuesday, April 24th 1:00pm-2:30pm

(Invitation only)

It's national volunteer appreciation week!

If you are a PGBIG volunteer – we want to say thank you!



Ongoing Groups & Classes:

Therapeutic Yoga:

Fridays 1:00pm – 2:00pm

Karate:

Tuesdays 10:30am-11:30am

Open Social:

Thursday 1:00pm-2:30pm

Connect Learn & Grow (CLG)

Wednesdays 12:30pm-2:00pm

Relationship Group:

Mondays 6:30pm-8:00pm

Cribbage:

Mondays 12:30pm- 2:30pm

