

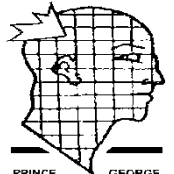
The Prince George Brain Injured Group



United Way
Northern British Columbia
unitedwaybc.ca

SEPTEMBER 2018 Newsletter

BIG



PRINCE GEORGE
BRAIN INJURED GROUP

Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

“Introduction to Brain Injury”

Starts September 6th, 2018
Runs on Thursdays for 3 weeks

Time: 10:00am to 11:30am

Please sign up with Sarah or see a case manager at the office

Reminders:

Office will be closed on
Monday, September 3rd

Labor Day

Rebuilding – Physical Effects Module

Starts Thursday, September 27th – 10:00am to 11:30am

Runs on Thursdays for 7 weeks

Learn in a supportive small group setting about strategies for overcoming the emotional effects of brain injury. Please register with the Facilitator, Sarah, as there are a limited number of spots available.

Please sign up with Sarah or see a case manager at the office

Evening Relationship Group

For members in any kind of relationship –

September 10th @ 6:30pm-8:00pm

Open Art /Craft Group

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

Drop in every 2nd Tuesday of the month for an open art /craft session.

Time: 2:30pm- 4:00pm

NEWFOUNDLAND DAY



Thursday, September 13th 2018

1:00pm-3:00pm

Survivors can bring snacks to share
Come enjoy Newfoundland music,
Food, swearing in and culture from Sally
Our in-house Newfoundler

Please sign up

Ongoing Groups & Classes:

Cribbage:

Mondays 12:30pm- 2:30pm

Karate:

Tuesdays 10:30am-11:30am

Connect Learn & Grow

Wednesdays 12:30pm-2:00pm

Open Social:

Thursday 1:00pm-2:30pm

Restorative Yoga:

Fridays 11:00am – 12:00pm

Anger management

Starts September 11th, 2018

Runs every Tuesday for 14weeks

Time: 12:30pm- 2:00pm

Please see Vicki shepherd to sign up

