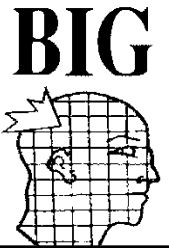


The Prince George Brain Injured Group

OCTOBER 2018 Newsletter 250564-2447



Upcoming Events/Classes/Groups at PGBIG

THANKSGIVING POTLUCK

When: **Thursday Oct. 11th**

Time: **1:00pm-2:30pm**

Please bring a dessert or side dish to share with others



*Why did the Cranberries turn red?
-Because they saw the Turkey dressing!!*

Please sign up

“Emotional Management”

This program will help you recognize your emotions and find ways to manage them in a positive manner. Anger, Depression, Stress/Anxiety will all be covered.

It will run for about 14 sessions starting Wednesday October 3

**Time: 10:00am- 11:30am
Please see Vicky to sign up**

Reminders:
**Office Closed on
Monday October 8th
for Thanksgiving**

Ongoing Groups & Classes:

Relationship Group

October 15th –
6:30pm-8:00pm

Women's Group:

October -22nd
11:00am-12:30pm

Cribbage:

Mondays 12:30pm-
2:30pm

Karate:

Tuesdays 10:30-am
11:30am

Rebuilding:

Tuesdays 10:00am-
11:30am

Connect Learn Grow:

Wednesdays
12:30am -2:00pm

Open Social:

Thursdays – 1:00pm-
2:30pm

Restorative Yoga:

Fridays: 11:00am-
12:00pm

The Brain That Changes Itself Conference

COMING TO P.G.!

International bestselling author
Dr. Norman Doidge

{The Brain That Changes Itself
& The Brain's Way of Healing}

October 19, 2018



Rebuilding after Brain Injury

Starts Thursday, October 4th – 10:00am-11:30am

An educational program based around learning coping strategies after brain injury.

Please speak to Sarah or your case manager if you are interested in participating