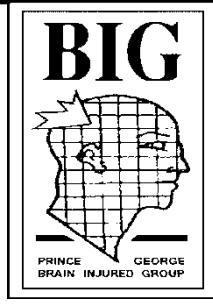


The Prince George Brain Injured Group



JANUARY 2019 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.



Class Schedule

Part 1: Tuesday, January 15th

Part 2: Tuesday, January 22nd

Part 3 Tuesday, January 29th

1:00 to 2:30 PM



Women's Group:

Monday, January

Topic: **Exploring Music and the Brain.**

11:00am-12:30pm



Relationship Group

January

Topic: Using the Stoplight method in relationship communication challenges

6:30pm-8:00pm



Connect Learn & Grow (CLG)

For any Survivor interested in learning about injury and connecting with other survivors

Wednesdays,

12:30pm – 2:00pm

Walking Program

Walking is a great way to:

Relieve stress, Lower blood pressure, Improve mood, mental alertness, Improve brain function, overall health and coordination

Starting Tues January 8th, 2019, 10am-11:00am

Venue: CN CENTRE

Please meet at PGBIG if you need a ride



Monday, January 1st

Best wishes for 2019 from all of us at PGBIG!

OPEN SOCIAL

THURSDAYS

1:00pm-2:30pm

Ongoing Groups & Classes:

Cribbage:

12:30pm-2:30pm

Karate:

Tuesday 9:30-10:30am

CLG

Wednesday 12:30pm-2:00pm

Open Social

Thursday 1:00pm-2:30pm

Therapeutic Yoga:

Friday 11:00am – 12:00pm



Brain Games

Come learn how brain game exercises can help stimulate your cognitive, boost memory, reasoning skills and executive functions

Starting January 14, 2019

Time: 11:30am-12:30pm

