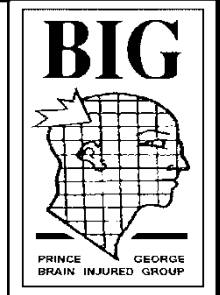


# The Prince George Brain Injured Group

## March 2019 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

#### St. Patrick's Day Potluck

Thursday, March 14<sup>th</sup>

1:00pm- 2:30pm

Come enjoy music and friendship!

Please bring a snack to share with the group



#### Women's Group:

March 18<sup>th</sup>, 2019

Topic: Forming a new identity after BI  
11:00am-12:30pm

#### Relationship Group

March 4<sup>th</sup>, 2019

Topic: Five Love Languages  
6:30pm-8:00pm

#### Intro to Brain Injury

For brain injury survivors, family, friends, community professionals. Learn how the brain works, what happens when it is injured and the changes that can be expected after injury & recovery process.

**Tuesday March 5<sup>th</sup>, 2019. 1:00pm-2:30pm**  
**in the BIG room.**

**\*Sign up with a case manager**



#### **FRAUD PREVENTION PRESENTATION WITH RCMP (CONSTABLE FRED)**

**Fraud**

**TUESDAY MARCH 26<sup>TH</sup>, 2019-  
1:00pm-2:00pm**



#### New & Exciting Program

#### Music Appreciation Group



The goal is to provide a setting where members can share their musical gifts, learn how music stimulates neuroplasticity and helps improve over-all wellbeing after injury.

Each session will have an educational piece, instrument playing (bring your instrument).

Come join us if you are interested.

March 6<sup>th</sup> & 20<sup>th</sup>- 2:15pm- 3:15pm



#### Ongoing Groups & Classes:

##### Cribbage:

12:30pm-2:30pm

##### Karate:

Tuesday 10:30am-11:30am

##### Walking program:

Tuesday 10:00am-11:00am

##### CLG

Wednesday 12:30pm-2:00pm

##### Open Social

Thursday 1:00pm-2:30pm

##### Therapeutic Yoga:

Friday 11:00am - 12:00pm