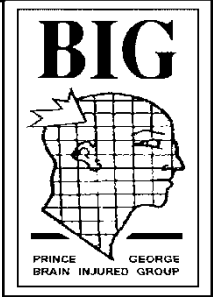


# The Prince George Brain Injured Group



## April 2019 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

#### SPECIAL EVENT:

Please join us for a **RETIREMENT PARTY** honoring  
**WILL LEWIS**



WHEN: April 25th

TIME: 1:00pm- 2:30pm

#### Women's Group:

April 15th, 2019

Topic: Dealing with  
sensory overload after  
BI

11:00am-12:30pm

#### Relationship Group

April 1st, 2019

Topic: Emotional  
connections and  
disconnections in BI  
relationships

6:30pm-8:00pm



**OFFICE CLOSED FRIDAY APRIL 19<sup>TH</sup>  
AND MONDAY APRIL 22<sup>ND</sup> FOR  
EASTER**

#### 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.

This program will run for 3 weeks  
starting:

Thursday April 4th, 2019.

10:00am-11:30am in the BIG room.

\*Sign up with a case manager



#### Weekly Groups & Classes:

##### Cribbage:

Monday 12:30pm-2:30pm

Women's Art Group: Every 1<sup>st</sup> Monday  
of the Month-11:00am- 12:30pm

##### Karate:

Tuesday 10:30am-11:30am

##### CLG

Wednesday 12:30pm-2:00pm

##### Open Art Group

Every 2<sup>nd</sup> Wednesday-2:30pm-  
4:00pm

##### Open Social

Thursday 1:00pm-2:30pm

##### Therapeutic Yoga:

Friday 11:00am – 12:00pm

Join us every 1st and  
3<sup>rd</sup> Wednesday of the  
month where members  
share their musical  
gifts.



Learn how music  
stimulates  
neuroplasticity and  
helps improve over-all  
wellbeing after injury