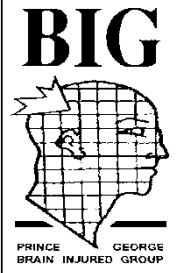


The Prince George Brain Injured Group



United Way
Northern British Columbia
unitedwaybc.ca

June 2019 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

MEDIA EVENT

Acquired Brain Injury & Apprenticeship Project



Please join us on June 6th at the College of New Caledonia for a media event as we celebrate members of PGBIG that are involved in the first ever Apprenticeship Project for Persons with Disability in British Columbia.

Time: 10:30 a.m. 12:30 a.m.

PRINCE GEORGE BRAIN INJURED GROUP ANNUAL GENERAL MEETING

Date: Thursday June 13th
Time: 1:00pm- 2:30pm
Light refreshments will be served.

"My Wildfire Plan" Workshop

Fridays in June

11:00am-12:00pm

To help members prepare a plan if an evacuation should occur in the Prince George area.



June is Brain Injury Awareness Month!
Simply decorate your helmet or hard hat however you like, then on a day from June 24th- 28th, wear it in public(at school,work etc then email us a picture of you wearing it in public to info@nbia.ca along with you name, age, contact information and community)

Youth Prizes:

1st Prize: \$125.00 and a New Helmet

2nd Prize: \$100.00 and New Helmet

3rd Prize: \$75.00 and New Helmmet

Adult Prize:

\$100.00 office party package

GET WHACKY! GO CRAZY! HAVE FUN

Restorative Yoga, Women's Group, Karate, Women's Art Group & Open Art Classes are cancelled for the summer.

Please note: There will be Karate class on Tuesday June 4th, 2019.

Intro to Brain Injury



Learn in a supportive group setting about brain injury, strategies for overcoming the effects of brain injury.

Starts June 13th, 2019

Will run for 3weeks

Thursdays at 11:00am to 12:30am

Please sign up or talk to a case manager at the office

Weekly Groups & Classes:

Cribbage:

Monday 12:30pm-2:30pm

CLG

Wednesday 12:30pm-2:00pm

Open Social

Thursday 1:00pm-2:30pm

