

The Prince George Brain Injured Group



United Way
Northern British Columbia
unitedwaybc.ca

SEPTEMBER Newsletter



Upcoming Events/Classes/Groups at PGB Phone: 250-564-2447

Carp Lake Fishing Trip: Space Limited Depending on # of Boats, Ground rough, uneven, no dock, must be able to get in/out of boat. Thursday, Sept 5 and Friday Sept 6
Please See Vicki for more info or to sign up.



Yay!! Karate and Yoga are back.
Classes are starting back for
September.

Harvest Moon Potluck Celebration!

September 19, 2019 Time: 1:00 to 2:30 pm

Survivors can bring food to share and enjoy some festivities.

Please Sign up.

"Introduction to Brain Injury"

Starts September 12th, 2019 Time: 10:00am to 11:30 am

It runs for 3 weeks and you are welcome to come to one or all classes. You are welcome to carry on and start "Rebuilding"
October 3rd, 2019

Please sign up with Vicki or see a Case Manager at the office.

Rebuilding

(It is best if you have attended Intro to Brain Injury recently)

- Starts October 3, 2019 Time: 10:00 am to 11:30 am
- Runs on Thursdays for six months
- Learn strategies to help with effects of brain injury
- Feel supported in small group setting
- Limited Space available

Please register with Facilitator, Vicki as space is limited.



Reminders:

OFFICE CLOSED MONDAY
September 2nd



"Relationship Group" is starting back up!!!

- For members in any kind of relationship.
- Runs once a month in the evenings.

September 9th @ 6:30 pm-8:00 pm

Weekly Groups & Classes:

Cribbage

Monday 12:30pm-2:30pm

Karate

Tuesday 10:30am-11:30am

CLG

Wednesday 12:30pm-2 pm

Open Social

Thursday 1:00pm-2:30pm

Therapeutic Yoga

Friday 11:00am - 12:00pm