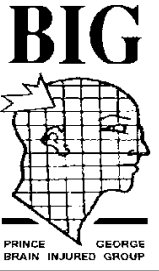


The Prince George Brain Injured Group



July 2024 Newsletter

Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Toolbox

This education class will start the week after Intro to Brain Injury is complete. Come learn coping strategies for daily life.

Starts July 23, 2024
Tuesday 10-11:30 am
PG BIG Office

Volunteers Needed!

Please call
250-564-2447 and ask
for Kaydee.



Office Closed
July 1st, 2024
Canada Day

Groups Weekly and Monthly:

Coffee Group
Mondays 11:00 am - 12:00 pm

Intro to BI/Toolbox
Tuesdays 10:00 pm - 11:30 pm

Karate
Wednesdays 10:00 am - 11:30 am
(NO Karate till Fall)

Connect Learn and Grow (CLG)
Wednesdays 12:30 pm - 2:00 pm

Open Social
Thursdays 1:00 pm - 2:30 pm

Ping Pong / Drop in Games
Fridays 11:00 am - 1:00 pm

Women's Group
PG BIG Office
Last Friday of every month
10:00 am - 11:30 am

Art Group
PG BIG Office
Last Monday of every month
1:00 pm - 3:00 pm

Women's Group

Women after Brain Injury sharing and learning together
in person at the PG BIG Office
Friday, July 26th, 2024
10:00 am - 11:30 am



Connect, Learn and Grow (CLG) Lunch & Learn



Come enjoy some lunch and Learn about the
topic of the month!
Last Wednesday of every month
Wednesday, July 31st, 2024
12:30 pm - 2:00 pm

Summer Celebration Potluck
July 18th, 2024

1:00 pm - 2:30 pm
PG BIG Office/Back Alley
Bring a dish to share!
We will have farmyard animals.



Games Group

Ping Pong/Jenga/Crib
Fridays
11:00 am - 1:00 pm



Back in the Fall!
These groups are
Cancelled for summer.
Karate, Yoga and
Rebuilding will be back in
the fall.

We hope you all enjoy a
lovely summer.

