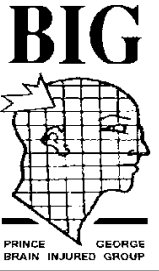


# The Prince George Brain Injured Group



## September 2024 Newsletter

### Upcoming Events/Classes/Groups at PGBIG

#### Introduction to Brain Injury

Starting September 24<sup>th</sup>, 2024  
10:00 – 11:30 am

Sept 24<sup>th</sup>, Oct 1<sup>st</sup> and Oct 8<sup>th</sup>

This education class is for new members, family and professionals.



#### Karate is Back!!

Come learn about karate.  
If your interested come meet  
the instructor who is called  
Sensei.

Date: September 11<sup>th</sup>, 2024

Time: 10:00 – 11:30 am



**Office Closed**

**Monday, Sept 2, 2024  
Labour Day**

**Friday September 30<sup>th</sup>, 2024  
National Day for Truth and  
Reconciliation**

#### 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

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

**Rebuilding**  
Thursdays 10:00 am – 11:30 AM

**Open Social**  
Thursdays 1:00 pm – 2:30 pm

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

**Yoga**  
PG BIG Office  
Fridays 1:30 pm-- 2:30 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

#### Rebuilding Life After Brain Injury

**Learn about: Physical, Cognitive, Emotional & Behavioral  
Effects After Brain Injury**

**Starts September 19, 2024.**

**Thursdays 10:00 am to 11:30 pm.**

**This program takes a deep dive into brain injury effects,  
triggers and coping strategies. Learn about Life After Brain  
Injury. Sign up with your Case Manager.**



#### Reconciliation Day Potluck

Thursday September 26<sup>th</sup>, 2024

Time: 1:00 – 2:30 pm

Come Join us for some good food and connections.  
Bring a dish to share. Sharing is caring.

#### Women's Group

Come check out this group.  
Women after Brain Injury sharing  
and learning together  
in person at the PG BIG Office  
Friday, September 27<sup>th</sup>, 2024  
10:00 am – 11:30 am

#### Yoga

**Good practice for mind  
and body mindfulness.  
Helps with daily stress.  
You are welcome to join.**

**Fridays  
1:30 – 2:30 pm**