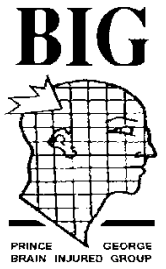


The Prince George Brain Injured Group

October 2024 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Open Social

Presentation with two Case Manager Candidates.

Come check it out and tell us what you think!

Thursday October 3rd, 2024

Time: 1:00 -2:30 pm

Phone Volunteers Needed

We are looking for volunteers to answer phones:

Mondays 8:30 am - 11:30 am
Tuesdays 8:30 am - 11:30 am,
12:00 - 4:00 pm
Thursdays 12:00 - 4:00 pm

Call Kaydee at the office if you are interested.

Office Closed Monday October 14th, 2024
Thanksgiving

Groups Weekly and Monthly:

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

Intro to BI
Tuesdays 10:00 pm - 11:30 pm
Oct 1st, Oct 8th & Oct 15th

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



Every Friday is Games Day!

Fridays 11:00 am to 1:00 pm

Ping Pong, Card Games, Giant Connect Four and Jenga.

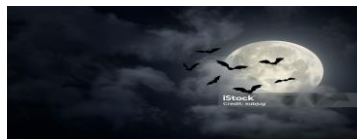
This is a good way to be social whether you play or cheer on your peers.

Halloween Potluck

Thursday October 31

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, October 25th, 2024
10:00 am - 11:30 am

Yoga

Good practice for mind and body mindfulness.
Helps with daily stress.
You are welcome to drop in and try it out.

Fridays
1:30 - 2:30 pm

