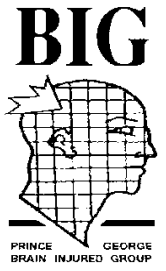


The Prince George Brain Injured Group



December 2024 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Postal Service Disruption

If you get bills in the mail, you may need help remembering to pay bills. You can reach out to your case manager and get help with a strategy that works for you.



Office Closed
Wednesday, December 25th and
Thursday December 26th

BIG's Christmas Party

Thursday, December 12, 2024
Doors Open at 4:00pm - Dinner at 5:00pm
St. Giles Presbyterian Church 1500 Edmonton St.
Adults Only – Let us know if you are bringing a guest



Groups Weekly and Monthly:

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

Toolbox (8 weeks)
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
(Closed Group)

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
3rd week of December
10:00 am – 11:30 am

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



"May this season find you among those you love, sharing in the twin glories of generosity and gratitude." — Oprah Winfrey

Women's Group

Come check out this group. Women after Brain Injury sharing and learning together in person at the PG BIG Office

Friday, December 20th , 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

