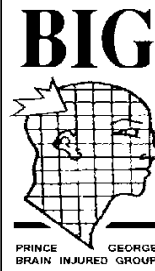


# The Prince George Brain Injured Group

## November 2024 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

#### Remembrance Day Get Together

**Tuesday, November 12<sup>th</sup>**

**1:00 pm to 2:00 pm**

**At PGBIG office.**



#### 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**  
**November 11<sup>th</sup>, 2024**  
**Remembrance Day**

#### 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

**Ministry Questions & Answers**  
Fridays 10:00 am - 11:00 am

**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



#### Ping Pong Tournament!!

**Friday, November 22, 2024**

**11:00 am to 1:00 pm**

Games every Friday be sure to check out the tournament!

#### Winter Warm Up Potluck

**Thursday November 21st**

**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, Nov 29th, 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**

