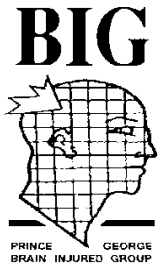


# The Prince George Brain Injured Group

## January 2025 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

#### Introduction to Brain Injury

Starting January 7th  
10:00 – 11:30 am  
(6 week class)

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



"You are never too old to set another goal or to dream a new dream."

C. S. LEWIS

RS

**Office Closed**  
**Monday January 1<sup>st</sup>, 2025**  
**New year's Day!**

#### Groups Weekly and Monthly:

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

**Introduction to Brain Injury**  
(6 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  
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.

#### Chili Bake Off Potluck

Thursday January 23<sup>rd</sup>, 2025  
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, January 31<sup>st</sup>, 2025  
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

