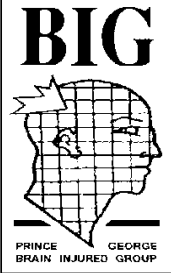


The Prince George Brain Injured Group

February 2025 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Toolbox

This educational class is a sequel to Intro to Brain Injury and gives you the tools to move forward in your life. Please call the office 250-564-2447 or talk to your case manager about registering for this class.

Tuesdays 10:00 am to 11:30 am

Class Schedule: Part 1: Tuesday, Feb 18th, Part 2: Feb 25th, Part 3: March 4, Part 4: March 11, Part 5: March 18, Part 6: March 25, Part 7: April 1st, Part 8: April 8th

VOLUNTEERS NEEDED:

FOR OFFICE CLEANING

Duties include:
vacuuming, dusting,
disinfecting surfaces

Contact Kaydee

**OFFICE CLOSED MONDAY
FEBRUARY 17TH, 2025
FAMILY DAY!**

Groups Weekly and Monthly:

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

Toolbox
(8 weeks)
Tuesdays 10:00 pm – 11:30 pm

Intro to Brain injury
Tuesdays 1:00 – 2:30 pm

Karate 
Wednesdays 10:00 am – 11:30 am

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.



Breakfast Potluck

Thursday February 20th, 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, February 28, 2025
10:00 am – 11:30 am

Introduction to Brain Injury

Starting February 18th, 2025
10:00 – 11:30 am
(5 week class)

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

