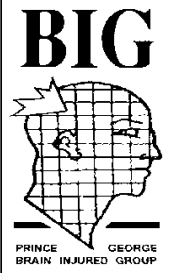


The Prince George Brain Injured Group

March 2025 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Women's Group

Come check out this group.
Women after Brain Injury sharing and learning together
in person at the PG BIG Office
Friday, March 28, 2025
10:00 am – 11:30 am



Art Group

We are making hanging jar planters!
Monday, March 31st, 2025
1:00 pm – 3:00 pm



Groups Weekly and Monthly:

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

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

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.



St. Patrick's Day Potluck

Thursday March 13, 2025

Time: 1:00 – 2:30 pm

Come Join us for some good food and connections.

Bring a dish to share. Sharing is caring.



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.

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