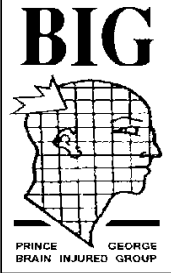


# The Prince George Brain Injured Group



## April 2025 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

#### Women's Group

Come check out this group.  
Women after Brain Injury sharing and learning together  
at the PG BIG Office  
Friday, April 25th, 2025  
10:00 am – 11:30 am



#### Art Group

Monday, April 28th, 2025  
1:00 pm – 3:00 pm

**Office Closed**  
**Friday, April 18<sup>th</sup>**  
**Monday, April 21st**

#### 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

#### Into To Brain Injury

**Runs for 4 weeks**

**One week break and starts again for family, professionals and anyone interested in learning about brain injury, symptoms and strategies.**

**Next class April 29th**

#### 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:** Always on Tuesday, 10:00am to 11:30am. 8 week class, with a week break.

**Next class starts on April 22.**

**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.**



#### **Easter Potluck!**

**Thursday April 24, 2025**

**Time: 1:00 – 2:30 pm**

**Come Join us for some good food and connections.**

**Bring a dish to share. Sharing is caring!**

