

# JULY 2020

PHONE: 250-564-2447

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday |
|--------|---|---|---|--|--|----------|
|        | Please note: Coffee Break outside is weather permitting!  | ZOOM GROUPS<br>Link to get into all ZOOM groups:<br>Click on this link<br><a href="https://zoom.us/j/8091120949">https://zoom.us/j/8091120949</a>   | 1<br><br>Canada Day<br><br>Office Closed  | 2<br>Go Live on PG Brain Injured Group Open Facebook page 11:00 am<br><br>Social Distancing Coffee Break with Members in Back Alley Time: 1:00-2:00 pm | 3<br>Women's Group<br>Little things to lift self<br>11:00 am-12:30 pm                        | 4        |
| 5      | 6<br>Relationship Group Participate by ZOOM 6:30pm-8:00pm<br>8 signs that conflict avoidance is affecting my relationship | 7 Social Distancing Coffee Break with Members in Back Alley Time: 10:00-11:00 am<br><br>Go Live on PG Brain Injured Group Open Facebook page 11:00 am<br><br>Introduction to Brain Injury-#3 ZOOM 11:00 am-12:30 pm                 | 8 CLG<br>BI recovery in summer: challenges and achievements<br>12:30 pm-2:00 pm                 | 9 Go Live on PG Brain Injured Group Open Facebook page 11:00 am<br><br>Social Distancing Coffee Break with Members in Back Alley Time: 1:00-2:00 pm    | 10 Women's Group<br>When friends don't come calling or when they do...<br>11:00 am -12:30 pm | 11       |
| 12     | 13  | 14 Social Distancing Coffee Break with Members in Back Alley Time: 10:00-11:00 am<br><br>Go Live on PG Brain Injured Group Open Facebook page 11:00 am<br>Introduction to Brain Injury-#4 ZOOM 11:00 am-12:30 pm                    | 15 CLG<br>When emotions run high...<br>12:30 pm-2:00 pm   | 16 Go Live on PG Brain Injured Group Open Facebook page 11:00 am<br><br>Social Distancing Coffee Break with Members in Back Alley Time: 1:00-2:00 pm   | 17 Women's Group<br>Menopause and brain injury<br>11:00 am                                   | 18       |
| 19     | 20  | 21 Social Distancing Coffee Break with Members in Back Alley Time: 10:00-11:00 am<br><br>Go Live on PG Brain Injured Group Open Facebook page 11:00 am  | 22 CLG<br>Feeling defeated by BI and how do I move beyond<br>12:30 pm-2:00 pm<br>PWD            | 23 Go Live on PG Brain Injured Group Open Facebook page 11:00 am<br><br>Social Distancing Coffee Break with Members in Back Alley Time: 1:00-2:00 pm   | 24 Women's Group<br>Dealing with difficult people in my life...<br>11:00 am -12:30 pm        | 25       |
| 26     | 27  | 28 Social Distancing Coffee Break with Members in Back Alley Time: 10:00-11:00 am<br><br>Go Live on PG Brain Injured Group Open Facebook page 11:00 am<br><br>Toolbox #1 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm | 29 CLG<br>Dealing with difficult people: am I part of the equation?<br>12:30-2:00 pm<br><br>CPP | 30 Go Live on PG Brain Injured Group Open Facebook page 11:00 am<br><br>Social Distancing Coffee Break with Members in Back Alley Time:1:00-2:00 pm    | 31 Women's Group<br>EFT - Emotional Freedom Technique<br>11:00 am -12:30 pm                  |          |

