

August 2020

PHONE: 250-564-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please note: Coffee Break outside is weather permitting!	ZOOM GROUPS Link to get into all ZOOM groups: Click on this link https://zoom.us/j/8091120949				1
2	3 Civic Stat Day Office Closed	4 Parking Lot Coffee Break with Members in Back Alley Time: 10:00-11:00 am Go Live on PG Brain Injured Group Open Facebook page 11:00 am Toolbox #2 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm	5 CLG 12:30 pm-2:00 pm Challenge automatic negative thoughts	6 Go Live on PG Brain Injured Group Open Facebook page 11:00 am Parking Lot Coffee Break with Members in Back Alley Time: 1:00-2:00 pm	7 Women's Group 11:00 am -12:30 pm <i>"How to be present when I feel so disconnected"</i>	8
9	10 NO Relationship Group This month	11 Parking Lot Coffee Break with Members in Back Alley Time: 10:00-11:00 am Go Live on PG Brain Injured Group Open Facebook page 11:00 am Toolbox #3 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm	12 CLG 12:30 pm-2:00 pm Working around my brain injury blocks	13 Go Live on PG Brain Injured Group Open Facebook page 11:00 am Parking Lot Coffee Break with Members in Back Alley Time: 1:00-2:00 pm	14 Women's Group 11:00 am - 12:30 pm <i>"Goal setting for the fall"</i>	15
16	17	18 Parking Lot Coffee Break with Members in Back Alley Time: 10:00-11:00 am Go Live on PG Brain Injured Group Open Facebook page 11:00 am Toolbox #4 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm	19 CLG 12:30 pm-2:00 pm Win Win Communication	20 Go Live on PG Brain Injured Group Open Facebook page 11:00 am Parking Lot Coffee Break with Members in Back Alley Time: 1:00-2:00 pm	21 Women's Group 11:00 am -12:30 pm <i>"Dealing with endings and new beginnings"</i>	22
23	24	25 Parking Lot Coffee Break with Members in Back Alley Time: 10:00-11:00 am Go Live on PG Brain Injured Group Open Facebook page 11:00 am Toolbox #5 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm	26 CLG 12:30-2:00 pm Learn to set personal boundaries PWD	27 Go Live on PG Brain Injured Group Open Facebook page 11:00 am Parking Lot Coffee Break with Members in Back Alley Time: 1:00-2:00 pm CPP	28 Women's Group 11:00 am -12:30 pm <i>"Things I still can do and am good at"</i>	29
30	31					

