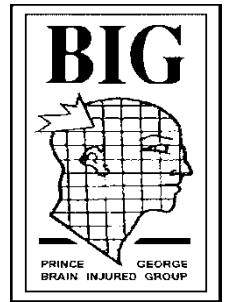


The Prince George Brain Injured Group

MONTHLY NEWSLETTER August 2020



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Toolbox for Rebuilding Life

Toolbox is the next step in the learning and education after Introduction to Brain Injury. Learn some strategies to help with Brain Injury.

This program will focus on the tools you will need as the “user of your brain” so that you can get the most out of it.

Topics include: Overall health (nutrition, exercise, sleep, positive attitude), The 7 R’s of Rebuilding, the problem solving process, etc.

This program will run for 12 weeks- Starting Tuesday July 28, 2019

Tuesdays- 11:00am - 12:30pm



Virtual Groups and Programs:

Relationship Group is up and running virtually. Join us the first Monday of the month. No group in August.
Monday at 6:30pm -8:00 pm

Connect Learn and Grow (CLG)
Back by ZOOM
Wednesdays 12:30 pm – 2:00 pm

Women’s Group
This new group started to connect members with each other on ZOOM.
Fridays at 11:00 am – 12:30 pm

Contact your case manager to get connected to the zoom program.
**All groups and programs will have the same ZOOM meeting ID. Please join the meetings with the link below:

<https://zoom.us/j/8091120949>



Sweet Moon Yoga with Silvia

Silvia will be hosting some free **Zoom** classes on Thursday night’s 7 - 8 pm. This is perfect if you’re looking for a slow gentle stretch class.

Meeting ID: 735 3809 3853 Password: 9XhVeU

<https://us04web.zoom.us/j/73538093853?pwd=Uk50cG1hWXI4Tk5BUUNDY0ISR2RtQT09>



Join our FB Live videos!!!

We are doing **Live on Tuesdays and Thursdays at 11:00 am**. This happens on “**The Prince George Brain Injured Group Open Page on Facebook**” Come check it out and share your thoughts, or leave a comment.

Office is Closed August 3, 2020

The Civic Holiday is celebrated on the first Monday of August and it’s a public holiday in some provinces and territories.



Parking Lot Coffee Break at BIG!

- In person outdoor social group.
- Weather permitting or bring umbrella if it’s raining.
- Dress according to the weather.
- Join us in August behind the PG BIG building for our first gathering since March. We will have chairs set out 6 feet apart and the coffee will be HOT! All safety guidelines are still in effect.



Tuesdays at 10:00am-11:00am
Thursdays at 1:00pm -2:00pm