

September 2020

PHONE: 250-564-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 Back Alley Coffee 10-11 a.m.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p> <p>Toolbox #6 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm</p>	<p>2 CLG</p> <p>12:30-2:00 pm</p>	<p>3 Back Alley Coffee 1-2 pm.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p>	<p>4 Women's Group</p> <p>11:00 am -12:30 pm Get your head into your body with a full deep breath</p>	5
6	<p>7 Office Closed</p> <p>Labor Day!</p>	<p>8 Back Alley Coffee 10-11 a.m.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p> <p>Toolbox #7 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm</p>	<p>9 CLG</p> <p>12:30 pm-2:00 pm</p>	<p>10 Back Alley Coffee 1-2 pm.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p> <p>Introduction to Brain Injury #1 1:00 pm - 2:30 pm</p>	<p>11 Women's Group</p> <p>11:00 am -12:30 pm Mental Health and BI</p>	12
13	<p>14 Relationship Group</p> <p>6:30-8:00 p.m. A relationship is made of you, me & us. pgs. 41-45</p>	<p>15 Back Alley Coffee 10-11 a.m.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p> <p>Toolbox #8 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm</p>	<p>16 CLG</p> <p>12:30 pm-2:00 pm</p>	<p>17 Back Alley Coffee 1-2 pm.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p> <p>Introduction to Brain Injury #2 1:00 pm - 2:30 pm</p>	<p>18 Women's Group</p> <p>11:00 am – 12:30 pm Daily challenges with motivation and how to overcome</p>	19
20	21	<p>22 Back Alley Coffee 10-11 a.m.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p> <p>Toolbox #9 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm</p>	<p>23 CLG</p> <p>12:30 pm-2:00 pm Challenges with thinking skills</p> <p>PWD</p>	<p>24 Back Alley Coffee 1-2 pm.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p> <p>Introduction to Brain Injury #3 1:00 pm - 2:30 pm</p>	<p>25 Women's Group</p> <p>11:00 am -12:30 pm How to build a good rapport with my doctor</p>	26
27	<p>28 CPP</p>	<p>29 Back Alley Coffee 10-11 a.m.</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p> <p>Toolbox #10 (Strategies to Deal w/BI) 12 week course 11:00 am-12:30 pm</p>	<p>30 CLG</p> <p>12:30-2:00 pm Challenge your anxious thoughts</p>	<p>Link to get into all ZOOM groups: Click on this link</p> <p>https://zoom.us/j/8091120949</p>		

ZOOM GROUPS

