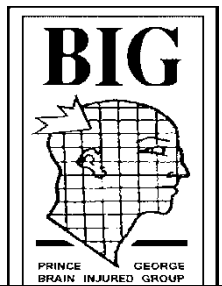


# The Prince George Brain Injured Group

## MONTHLY NEWSLETTER September 2020



### Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

#### Introduction to Brain Injury



This is a 3 part workshop that is offered for professionals, family members, and survivors of brain injury. Learn about the brain, how it gets injured, what changes to expect following an injury and how to manage injury and rebuild life.

Please call the office (250-564-2447) or talk to your case manager about registering for this class on ZOOM and/or in office.

#### Class Schedule

Part 1: Thursday, September 10th

Part 2: Thursday, September 17th

Part 3: Thursday, September 24th

**1:00 pm -2:30 pm**

#### Virtual Groups and Programs:

**Relationship Group** is up and running virtually. Join us the first Monday of the month. **September 14th 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>



#### 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 (Closed Group) Tuesdays- 11:00am - 12:30pm**

#### **Back Alley Coffee Break at BIG!**

- In person outdoor social group.
- Weather permitting (if its raining it **WILL** be CANCELLED)
- Dress according to the weather.
- Join us in September behind the PG BIG building. 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**



#### **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

September 7, 2020

**Labour Day**

