

October 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Link to get into all ZOOM groups: Click on this link</p> <p>https://zoom.us/j/8091120949</p>		<p>1</p> <p>Open Social Coffee Break 1-2 pm.</p>	<p>2</p> <p>Women's Group 11:00 am -12:30 pm <i>Daily challenges getting organized</i></p>	3
4	<p>5</p> <p>Relationship Group 6:30-8:00 p.m. <i>"The 7rs of rebuilding"</i> pg 51-55</p>	<p>6</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p>	<p>7</p> <p>Toolbox #1 10:00 am-11:30 am</p> <p>CLG 12:30 pm-2:00 pm <i>"Living with BI in this upside-down world"</i></p>	<p>8</p> <p>Open Social Coffee Break 1-2 pm.</p>	<p>9</p> <p>Women's Group 11:00 am -12:30 pm <i>Prioritizing tasks</i></p>	10
11	<p>12</p> <p>Thanksgiving Office Closed!</p>	<p>13</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p>	<p>14</p> <p>Toolbox #2 10:00 am-11:30 am</p> <p>CLG 12:30 pm-2:00 pm <i>"When anxious thoughts take over"</i></p>	<p>15</p> <p>Open Social Coffee Break 1-2 pm.</p>	<p>16</p> <p>Women's Group 11:00 am – 12:30 pm <i>Nutrition discussion</i></p>	17
18	19	<p>20</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p>	<p>21</p> <p>Toolbox #3 10:00 am-11:30 am</p> <p>CLG 12:30 pm-2:00 pm <i>"Still living in denial about my BI"</i> PWD</p>	<p>22</p> <p>Open Social Coffee Break 1-2 pm.</p>	<p>23</p> <p>Women's Group 11:00 am -12:30 pm <i>Improving one's focus</i></p>	24
25	26	<p>27</p> <p>Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p>	<p>28</p> <p>Toolbox #4 10:00 am-11:30 am</p> <p>CLG 12:30-2:00 pm <i>"Reducing obsessive thinking and actions"</i></p> <p>CPP</p>	<p>29</p> <p>Open Social Coffee Break 1-2 pm.</p>	<p>30</p> <p>Women's Group 11:00 am -12:30 pm <i>Decision Making Methods</i></p>	31 Happy Halloween

ZOOM GROUPS

