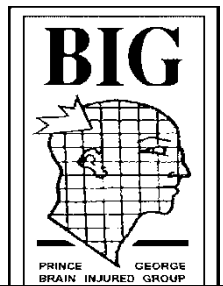


The Prince George Brain Injured Group

MONTHLY NEWSLETTER October 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 4 weeks (Closed Group)

Wednesdays- 10:00am - 11:30am

This group starts on October 7, 2020

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



Virtual Groups and Programs:

Relationship Group is up and running virtually. Join us the first Monday of the month. **October 5th 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>

Wishing Christine Farewell as she starts a new journey moving to Vancouver Island!!

A truly great co-worker, case manager and facilitator is hard to find. Especially someone who fits into the unique environment of BIG. We sadly say farewell to **Christine Smith** who has been a true gem and asset here. Christine will be leaving to follow a new adventure as she moves to Vancouver Island in November. Thank you for all your hard work, dedication and support to members.



Welcome to Heather Gundmunson who is the new Residential Manager at the Group Home.

Join our FB Live videos!!! We are doing **Live on Tuesdays**. 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

Monday October 12, 2020



Open Social Coffee Break at BIG!

- In person social group.
Join us in October behind the PG BIG building. Where we will do a wellness check
- and then you can come inside the BIG room
- We are still taking COVID precautions so if you are unwell you will not be permitted inside.
- We will have chairs set out 6 feet apart and the coffee will be HOT!
- All safety guidelines are still in effect.

Thursdays at 1:00pm -2:00pm