


November 2020

PHONE: 250-564-2447

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Relationship Group Part 4, pg 51 on Recognize what is going on and listening to each other 6:30-8:00 p.m.	3 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Older Adults, Avoiding Hazardous Falls"	4 Toolbox #5 10:00 am-11:30 am CLG "Struggling with keeping my life in order" 12:30 pm-2:00 pm	5	6 Women's Group "Irritability" 11:00 am -12:30 pm	7
8	9	10 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Heads UP, Preventing Injuries in the Home"	11 <i>Remembrance Day!</i> <i>Office is closed!</i> 	12 Introduction to Brain Injury #1 10am-11:30 am	13 Women's Group "BI Impacts my vision" 11:00 am -12:30 pm	14
15	16	17 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Safe Winter Walking"	18 Toolbox #6 10:00 am-11:30 am CLG "Impact of disorganization and what can I do to change it" 12:30 pm-2:00 pm PWD	19 Introduction to Brain Injury #2 10am-11:30 am	20 Women's Group "Why do I feel so tired" 11:00 am – 12:30 pm	21
22	23	24 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Dealing with Fears of Falling"	25 Toolbox #7 10:00 am-11:30 am CLG "How to improve communication after BI" 12:30 pm-2:00 pm	26 Introduction to Brain Injury #3 10am-11:30 am CPP	27 Women's Group "Navigating through the busyness of the Christmas season" 11:00 am -12:30 pm	28
29	30		Link to get into all ZOOM groups: Click on this link https://zoom.us/j/8091120949			

