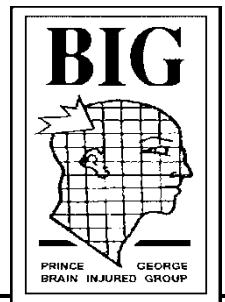


The Prince George Brain Injured Group

MONTHLY NEWSLETTER November 2020



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Guess What???

Office is Closed

Remembrance Day!

Wednesday, November 11th



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. Facilitation by Vicki.

Class Schedule:

**Part 1: November 12th, Part 2: November 19th & Part 3: November 26th
Thursdays 10:00 am -11:30 am**

Staff Updates

Crystal, Julia, Christine currently manage the client case load. They are available Monday – Friday from 8:30-4:30.

Cathie is our new Core Team manager and is learning the ropes at the office. She has moved out of her role as group home manager.

Heather is our new Group Home Manager. Stay tuned for further information.

Paul will be joining the Case Management Team in early November. We will provide his photo and bio in the next few weeks. He will be replacing Christine who leaves us November 6.

Vicki will be in office 4 days a week in November to do Brain FX screenings, testing, training and facilitation.

Sally is in and out but mostly out with the students at CNC with the Industrial Training Program.

Jenn is filling in for Sally during this time. If you have employment needs or looking for opportunities, give her a call.

Virtual Groups and Programs:

Relationship Group is up and running virtually. Join us the first Monday of the month. **November 2nd Monday at 6:30pm -8:00 pm**

Connect Learn and Grow (CLG)
Join with ZOOM link.
Wednesdays 12:30 pm – 2:00 pm

Women's Group
Join with ZOOM link.
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>



Open Social Coffee Break at BIG!

NO OPEN SOCIAL. Due to the increase of COVID numbers we have decided to stop meeting inside till further notice. We are so sorry to close our group doors. Stay Safe.

Come Check Out FaceBook Live videos on Tuesdays!!!

This happens on **"The Prince George Brain Injured Group Open Page on Facebook"** at **11:00 am**. Share your thoughts or leave a comment. Please click like or love to show you like what you are watching.

Fall Prevention Month!!!!
Information, tips and strategies to be safe and prevent falls will be featured on Facebook Live this month. We are all in this together!