

January 2021

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<p>**Please note that LINKS for groups has changed. If you want a specific group, you must use the link given per group you would like to attend. **</p>		<p>1 Office Closed New Year's Day</p>	2
3	<p>4 Relationship Group "BI Effect on health & wellbeing" pg. 59-62 6:30-8:00 p.m. Join Zoom Meeting https://zoom.us/j/7248232279</p>	5	<p>6 CLG "Disinhibition and Social Blunders" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279 Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p>	7	<p>8 Women's Group "Sidestep Self Judgement: Mindful Practices of self-compassion" 11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	9
10	11	<p>12 Introduction to Brain Injury #1 10am-11:30 am Join Zoom Meeting https://zoom.us/j/7914492146</p>	<p>13 CLG "Recurring Brain Injury Symptoms - and I thought they went away" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279 Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p>	<p>14 Rebuilding #1 1:00-2:30 pm Join Zoom Meeting https://zoom.us/j/7914492146</p>	<p>15 Women's Group "Take control of your emotions when something unexpected happens" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	16
17	<p>18 Family Group "My family member is injured. Now what?" 6:30-8:00 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	<p>19 Introduction to Brain Injury #2 10am-11:30 am Join Zoom Meeting https://zoom.us/j/7914492146</p>	<p>20 CLG "Getting off the couch: Motivation" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279 Go Live on PG Brain Injured Group Open Facebook page 11:00 am PWD</p>	<p>21 Rebuilding #2 1:00-2:30 pm Join Zoom Meeting https://zoom.us/j/7914492146</p>	<p>22 Women's Group "How to recognize my limits?" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	23
24 31	25	<p>26 Introduction to Brain Injury #3 10am-11:30 am Join Zoom Meeting https://zoom.us/j/7914492146</p>	<p>27 CLG "Removing the "I can't" and "I should" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279 Go Live on PG Brain Injured Group Open Facebook page 11:00 am</p>	<p>28 Rebuilding #3 1:00-2:30 pm Join Zoom Meeting https://zoom.us/j/7914492146</p>	<p>29 Women's Group "Barriers to support" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279 CPP</p>	30