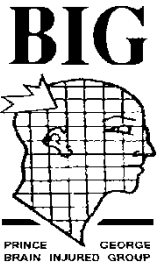


The Prince George Brain Injured Group

JANUARY 2021 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

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 Christine.

Class Schedule:

Part 1: January 12th, Part 2: January 19th & Part 3: January 26th

Tuesdays 10:00 am -11:30 am Join Zoom Meeting

<https://zoom.us/j/7914492146>

Reminder: Office Closed January 1st, 2021



Virtual Groups Weekly and Monthly:

Relationship Group Join us the first Monday of the month.

January 4th at 6:30pm -8:00 pm

Join Zoom Meeting

<https://zoom.us/j/7248232279>

Connect Learn and Grow (CLG)
Wednesdays 12:30 pm – 2:00 pm

Join Zoom Meeting

<https://zoom.us/j/7248232279>

Women's Group

Join with ZOOM link.

Fridays at 11:00 am – 12:30 pm

Join Zoom Meeting

<https://zoom.us/j/7248232279>

Family Support Group Join us the third Monday of the month

January 18th at 6:30- 8:00 PM

Join Zoom Meeting

<https://zoom.us/j/7248232279>

Rebuilding

An educational program based around learning coping strategies after brain injury. This program is a 24-week course. Starting January 14thth-July 15th 2021. Please contact your case manager to sign up for this group.

The course will be a closed group.

Thursdays 10:00-11:30 am

Join Zoom Meeting

<https://zoom.us/j/7914492146>



Contact your case manager to get connected to any zoom program.

Self-compassion
is simply giving
the same kindness to
ourselves that we
would give to others.

-Christopher Germer-



Important Information: Anyone who comes to the office to see their Case Manager **must wear a mask** and **answer a wellness check**. If you are coming for an appointment and feel unwell, please let your Case Manager know immediately and rebook your appointment.



“The Prince George Brain Injured Group Open Page on Facebook”

**New Day: Facebook Live Videos:
Wednesdays 11:00 am**

Share your thoughts or leave a comment. Please click like or love to show you like what you are watching.

<https://www.facebook.com/princegeorgebig/?ref=bookmarks>