

April 2021

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	**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. **			1 Rebuilding #12 1:00-2:30 pm Join Zoom Meeting https://zoom.us/j/7914492146	2 Good Friday Office Closed	3
4 Easter Sunday	5 Easter Monday Office Closed	6 Toolbox #1 10am-11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	7 CLG "Finding the right words to describe my injury to others" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279	8 Rebuilding #13 1:00-2:30 pm Join Zoom Meeting https://zoom.us/j/7914492146	9 Women's Group "Why do you get so cranky, irritated and overwhelmed" 11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	10
11	12 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Recognizing emotions & choices" Relationship Group "Retreat and Relax" pages 63-69 6:30-8:00 p.m. Join Zoom Meeting https://zoom.us/j/7248232279	13 Toolbox #2 10am-11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	14 CLG "Memory after Brain Injury" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279	15 Rebuilding #14 1:00-2:30 pm Join Zoom Meeting https://zoom.us/j/7914492146	16 Women's Group "When the joy in connecting with others is diminished and how to regain connections" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	17
18	19 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Emotional Control after BI" Family Group Restart, repeat, does it ever end?" 6:30-8:00 p.m. Join Zoom Meeting https://zoom.us/j/7248232279	20 Toolbox #3 10am-11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	21 CLG "The neurochemicals of happiness" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279 PWD	22 Art Expression Show and Tell 11:00 am https://zoom.us/j/7248232279 Rebuilding #15 1:00-2:30 pm Join Zoom Meeting https://zoom.us/j/7914492146	23 Women's Group "Traumatic brain injury from the inside" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	24
25	26 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Mindful breathing practice"	27 Toolbox #4 10am-11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	28 CLG "How to clean up stinking thinking" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279 CPP	29 Rebuilding #16 1:00-2:30 pm Join Zoom Meeting https://zoom.us/j/7914492146	30 Women's Group "Open Discussion" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	

ZOOM GROUPS