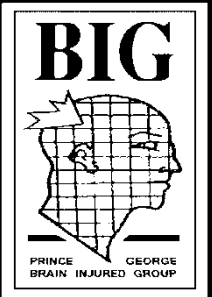


The Prince George Brain Injured Group

April 2021 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Tool Box

This educational class is a sequel to Intro to Brain Injury and gives you the tools to move forward in your life. Learn how to develop strategies, work on neuroplasticity, in depth knowledge about nutrition, exercise, 7R's and ANTS. 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 Crystal.

Tuesdays 10:00 am -11:30 am

Class Schedule:

Part 1: April 6th, Part 2: April 13th, Part 3: April 20th & Part 4: April 27th

Join Zoom Meeting ID: 929 8945 9070

<https://zoom.us/j/92989459070>

Reminder Office Closed

Friday April 2nd and Monday April 5th



Rebuilding after Brain Injury

Thursdays, 1:00-2:30 pm

Closed Group

An educational program based around learning coping strategies after brain injury.

<https://zoom.us/j/7914492145>



Salmon Patties

Transform Canned Salmon into a tasty nutritious and affordable meal.

INGREDIENTS

1 (14.75-oz.) can salmon, drained, 2 green onions, thinly sliced
1 tbsp. Chopped fresh dill (substitute parsley, basil, or cilantro), 1/2 c. panko breadcrumbs
1/4 c. Mayonnaise, 1 tbsp. freshly squeezed lemon juice, 1 tbsp. Dijon mustard
1 large egg, beaten, and pinch of kosher salt,
Add Freshly ground black pepper, 2 tbsp. extra-virgin olive oil drizzle on Baby spinach, for serving

DIRECTIONS: To a large bowl, add first 8 ingredients. Season with salt and pepper and mix until well incorporated. Form into 5, evenly sized patties. In a large skillet over medium heat, heat oil. Cook patties in batches until golden and crispy, 3-4 minutes per side. Drain on paper towels. Serve over spinach with lemon wedges for squeezing.

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

New Day: Facebook Live Videos: Mondays 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>

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.

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

For your information: COVID-19 vaccine clinics for Prince George
For more info check it here: [COVID-19 vaccine plan | Northern Health](#)

Virtual Groups Weekly and Monthly:

Relationship Group Join us the second Monday of the month.

April 12th 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

April 19th at 6:30- 8:00 PM

Join Zoom Meeting

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

