


# May 2021

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p><b>**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. **</b></p>	All ZOOM GROUPS				1
2	<p>3 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "13 Ways to Overcome Negative Thoughts"</p> <p><b>Relationship Group</b> "Physical Activity, Relaxation Techniques, Positive Symbols and Laughter" pages 71-77. 6:30-8:00 p.m. Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	4	<p>5</p> <p><b>CLG</b> "Activities that help with Neuroplasticity" 12:30 pm-2:00 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	<p>6</p> <p><b>Rebuilding #17</b> 1:00-2:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7914492146">https://zoom.us/j/7914492146</a></p>	<p>7</p> <p><b>Women's Group</b> "How to set boundaries and dealing with people who do not respect my boundaries" 11:00 am - 12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	8
<p>9 Mother's Day</p>	<p>10 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "5 Ways Mindfulness changes your brain"</p>	<p>11 <b>Intro to Brain Injury #1</b> 10am-11:30 am Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p>12</p> <p><b>CLG</b> "Finding meaning and purpose during brain injury recovery" 12:30 pm-2:00 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	<p>13</p> <p><b>Rebuilding #18</b> 1:00-2:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7914492146">https://zoom.us/j/7914492146</a></p>	<p>14</p> <p><b>Women's Group</b> "Modes of transportation and the challenges that come with travelling after Brain Injury" 11:00 am - 12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	15
16	<p>17 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Creating happiness"</p> <p><b>Family Group</b> "Respite, is it needed?" 6:30-8:00 p.m. Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	<p>18 <b>Intro to Brain Injury #2</b> 10am-11:30 am Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p>19</p> <p><b>CLG</b> "When I feel overwhelmed, I shut down. What is that about?" 12:30 pm-2:00 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p> <p><b>PWD</b></p>	<p>20</p> <p><b>Art Expression Show and Tell</b> 11:00 am <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p> <p><b>Rebuilding #19</b> 1:00-2:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7914492146">https://zoom.us/j/7914492146</a></p>	<p>21</p> <p><b>Women's Group</b> "How to calm the mind when it's in frenzy zone?" 11:00 am - 12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	22
<p>23 Yay! </p>	<p>24 <b>Victoria Day</b> Office Closed</p>	<p>25 <b>Intro to Brain Injury #3</b> 10am-11:30 am Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p>26</p> <p><b>Annual General Meeting</b> Time: 11:00-12:30 pm <b>Zoom Link</b> Meeting ID: 999 0514 8122 Attend by Zoom or Phone</p> <p>CLG cancelled today!</p>	<p>27</p> <p><b>Rebuilding #20</b> 1:00-2:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7914492146">https://zoom.us/j/7914492146</a> CPP</p>	<p>28</p> <p><b>Women's Group</b> "Gardening and working with plants as rehab." 11:00 am - 12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	29
30	<p>31 Go Live on PG Brain Injured Group Open Facebook page 11:00 am "Interview with guest"</p>					