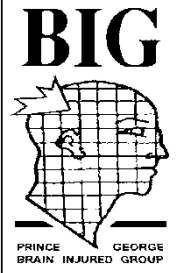


The Prince George Brain Injured Group

May 2021 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

AGM Coming up!!

PG BIG'S ANNUAL GENERAL MEETING---AGM!

This year's AGM will be held online due to the COVID pandemic.

Please mark your calendars to attend.

Your Case Manager is available to set up Zoom on your device and can help you with your membership registration.

May 26th 11am-12:30 pm

Join Zoom Meeting

<https://zoom.us/j/99905148122?pwd=ZlRQT3pFdGxqUm10QzFSTTF1V1pHQOT09>

Meeting ID: 999 0514 8122

Passcode: 253508

Reminder Office Closed Monday May 25th



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>



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 Crystal.

Class Schedule:

Part 1: May 11th, Part 2: May 18th & Part 3: May 25th.

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

<https://zoom.us/j/96252837825>

Virtual Groups Weekly and Monthly:

Relationship Group Join us the first Monday of the month.

May 3rd 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>

“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>

For our members: Employment and Schooling Opportunities are available!

Are you looking for part-time work? We provide supportive assistance through the process. Call to connect with Jen

ITA program is looking for candidates for CNC.

Ask Sally for more info.

*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](#)

Family Support Group Join us the third Monday of the month

May 17th at 6:30- 8:00 PM

Join Zoom Meeting

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

