


July 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>	<p><b>Walking Group will be at Lheidli T'enneh Memorial Park every Wednesday 10:00-11:00 am</b></p>		<p><b>1</b></p> <p>Office closed for Canada Day!!</p>	<p><b>2</b></p> <p>Coffee Group 10:30-11:30 am</p> <p>Women's Group No group today!</p>	<p><b>3</b></p>
4	<p><b>5</b></p> <p>PG Brain Injured Group Facebook "Energy Crashes" Live 11:00 am</p> <p>Coffee Group 1pm-2pm</p>	<p><b>6</b></p> <p>Intro to BI Part #1 10am-11:30 am Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p><b>7</b></p> <p>Walking Group 10:00-11:00 am Lheidli T'enneh Memorial Park</p> <p>CLG "Benefits of being part of a support group" 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>8</b></p> <p>YOGA 10:00-11:00 am At the office</p>	<p><b>9</b></p> <p>Coffee Group 10:30-11:30 am</p> <p>Women's Group "Hurdles I have overcome with my BI" 11:00 am -12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	10
11	<p><b>12</b></p> <p>PG Brain Injured Group Facebook "Challenging your ANT's" Live 11:00 am</p> <p>Coffee Group 1pm-2pm</p>	<p><b>13</b></p> <p>Intro to BI Part #2 10am-11:30 am Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p><b>14</b></p> <p>Walking Group 10:00-11:00 am Lheidli T'enneh Memorial Park</p> <p>CLG "We are all different, yet have similar symptoms, let's talk about it" 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>15</b></p> <p>YOGA 10:00-11:00 am At the office</p> <p>Art Expression Show and Tell @ PG BIG 11:00 – 12:00 pm</p>	<p><b>16</b></p> <p>Coffee Group 10:30-11:30 am</p> <p>Women's Group "Handling reactions of family &amp; friends" 11:00 am – 12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	17
18	<p><b>19</b></p> <p>PG Brain Injured Group Facebook "Benefits of journaling" Live 11:00 am</p> <p>Coffee Group 1pm-2pm</p>	<p><b>20</b></p> <p>Intro to BI Part #3 10am-11:30 am Join Zoom Meeting <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p><b>21</b></p> <p>Walking Group 10:00-11:00 am Lheidli T'enneh Memorial Park</p> <p>CLG "Handling conflict and BI" 12:30 pm-2:00 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a> PWD</p>	<p><b>22</b></p> <p>YOGA 10:00-11:00 am At the office</p> <p><b>Alison's Tree: Bag Lunch</b> Lheidli T'enneh Memorial Park 1:00-3:00 pm</p>	<p><b>23</b></p> <p>Coffee Group 10:30-11:30 am</p> <p>Women's Group "Asking for and accepting help" 11:00 am – 12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	24
25	<p><b>26</b></p> <p>PG Brain Injured Group Facebook "Fix the filter" Live 11:00 am</p> <p>Coffee Group 1pm-2pm</p>	<p><b>27</b></p>	<p><b>28</b></p> <p>Walking Group 10:00-11:00 am Lheidli T'enneh Memorial Park</p> <p>CLG "Communicating feeling/needs, even when you don't know what you need" 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>29</b></p> <p>YOGA 10:00-11:00 am At the office</p>	<p><b>30</b></p> <p>Coffee Group 10:30-11:30 am</p> <p>Women's Group "Maintaining my independence" 11:00 am – 12:30 pm Join Zoom Meeting <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	31

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