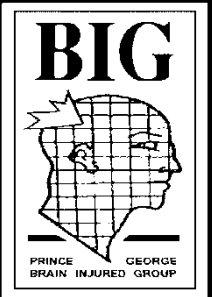


The Prince George Brain Injured Group

July 2021 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



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: July 6, Part 2: July 13, Part 3: July 20.

Tuesdays 10:00 am -11:30 am

Join with Zoom Link <https://zoom.us/j/96252837825>

Celebrating this month:



Weekly Groups (Non-Zoom)

Back Alley Coffee Group is Back!

Mondays 1:00-2:00 pm/Fridays 10:30-11:30 am

Walking Group

Join us at Lheidli T'enneh Memorial Park
Parking lot on 17th Ave

Wednesday 10:00-11:00 am

Yoga

Meet at the office

Thursday 10:00-11:00 am

Alison's Tree Bag Lunch Day!

When: Thursday, July 22nd

Where: Lheidli T'enneh Memorial Park (Fort George Park) *Exploration Place parking lot is the closest if you are driving*

What time: 1:00pm-3:00pm

Come enjoy bagged lunch, play games and relax with friends!



Bring a lawn chair or two if you have them! Pls sign up so we prepare enough food.

Virtual Groups Weekly and Monthly:

Connect Learn and Grow (CLG)

Wednesdays 12:30 pm – 2:00 pm

Join Zoom Meeting

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

Women's Group

Fridays at 11:00 am – 12:30 pm

Join Zoom Meeting

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

Family Support Group will resume in September

Relationship Group will resume in September

For our members: Employment and Schooling Opportunities are available!

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

**Work Experience program is looking for candidates for CNC.
Ask your Case Manager for more info.**

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



Pen Pals Wanted!!

Lloydminster & Area Brain Injury Survivors are looking for a way to connect with other survivors across the country. They would love to get pictures, updates and learn about who you are through mail exchange. If you are interested send mail to:

Lloydminster & Area Brain Injury Society
#3-4620 44th Street
Lloydminster Saskatchewan
S9V 0G4

"The Prince George Brain Injured Group Open Page on Facebook"

**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>