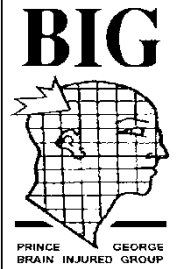


The Prince George Brain Injured Group

September 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: Sept 14, Part 2: Sept 21, Part 3: Sept 28.

Zoom time: Tuesdays 10:00 am -11:30 am

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

If you are interested in Rebuilding Group you may want to take this class as a refresher.

Office Closed

Monday, September 6th

Labour Day

Thursday, September 30th

Truth and Reconciliation Stat Day

Weekly Groups (Non-Zoom)

Back Alley Coffee Group

Mondays 1:00-2:00 pm

Fridays 10:30-11:30 am

Walking Group

As weather is changing and getting colder this group is cancelled for fall/winter. Thank you for participating.

Are you looking for continuing education or employment?

See the employment facilitator Sally or Jen to explore the Trades Exploration Program. Ask about the trades sampler through CNC where you learn carpentry, automotive and cooking. Employment supports in place for success.

Call and ask about these options.



It's all about hope, kindness, and a connection with one another. – Elizabeth Taylor



Due to new restrictions In House Groups are on Hold. Groups are by Zoom only.

Staff at PG BIG will keep you informed.

Rebuilding Group (6-month course) starts in October. Please be sure to take Introduction to Brain Injury in September to participate in Rebuilding Group.

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 3rd Monday of the month September 20th 6:30 pm to 8 pm

Relationship Group will resume in October

“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>