



# October 2021

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					<p><b>1 Open Social 10:30-11:30 am</b></p> <p>Women's Group            "What is my empathy meter after BI"            11:00 am -12:30 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	2
3	<p><b>4 PG Brain Injured Group Facebook Live 11:00 am "Living a Self-Kinder Life"</b>  <b>Coffee Group 1pm-2pm</b></p> <p>Relationship Group            "The effects of issues on health &amp; well-being" pg 59            6:30-8:00 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	5	<p>6 CLG            "Parietal Lobe Function"            12:30 pm-2:00 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	7	<p><b>8 Open Social 10:30-11:30 am</b></p> <p>Women's Group            "How do I fit into the social fabric after BI"            11:00 am -12:30 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	9
10	<p><b>11 Office Closed Thanksgiving Day!</b></p> 	<p>12 Toolbox #1            10am-11:30 am            Join Zoom Meeting  <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p>13 CLG            "Occipital Lobe Function"            12:30 pm-2:00 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p> <p style="text-align: center;"><b>Stop in for Turkey Soup Day!            All day!</b></p>	<p>14 Rebuilding #1 Starts!!            10:00 am – 11:30 am            Join Zoom Meeting  <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a>  <b>Art Expression</b>            11:30 – 1:00 pm</p>	<p><b>15 Open Social 10:30-11:30 am</b></p> <p>Women's Group            "Learning to be more curious-less furious"            11:00 am – 12:30 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	16
17	<p><b>18 PG Brain Injured Group Facebook Live 11:00 am "Depression after BI"</b>  <b>Coffee Group 1pm-2pm</b></p> <p>Family Group            "Overcoming barriers for fuller life in relationships"            6:30 – 8:00 pm Join on Zoom  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	<p>19 Toolbox #2            10am-11:30 am            Join Zoom Meeting  <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p>20 CLG            "The Brain Stem"            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>21 Rebuilding #2            10:00 am – 11:30 am            Join Zoom Meeting  <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p><b>22 Open Social 10:30-11:30 am</b></p> <p>Women's Group            "Barriers to receiving support after BI"            11:00 am – 12:30 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	23
24	<p><b>25 PG Brain Injured Group Facebook Live 11:00 am "Loneliness"</b>  <b>Coffee Group 1pm-2pm</b></p>	<p>26 Toolbox #3            10am-11:30 am            Join Zoom Meeting  <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p>27 CLG            "My beautiful broken brain: impact of brain injury on my life"            12:30 pm-2:00 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a>            CPP</p>	<p>28 Rebuilding #3            10:00 am – 11:30 am            Join Zoom Meeting  <a href="https://zoom.us/j/96252837825">https://zoom.us/j/96252837825</a></p>	<p><b>29 Open Social 10:30-11:30 am</b></p> <p>Women's Group            "Life off balance: physically, emotionally &amp; cognitively"            11:00 am – 12:30 pm Join Zoom Meeting  <a href="https://zoom.us/j/7248232279">https://zoom.us/j/7248232279</a></p>	30
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