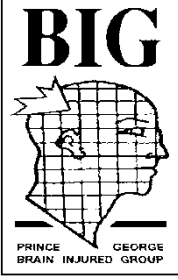


The Prince George Brain Injured Group

October 2021 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Soup Day!



Staff will be cooking a turkey for a big pot of soup. Stop in for soup anytime on Wednesday October 13th

*Passport Vaccination Cards see your case manager to have one made.

*When you come to the office please ensure you are wearing your mask and following guidelines to keep yourself and others safe. Please remain seated and staff will assist you. If you are coming for coffee group staff will bring you coffee. We really appreciate your understanding.

Office Closed

Monday, October 11th
Thanksgiving Day



Weekly Groups (Non-Zoom)

Coffee Group

Mondays 1:00-2:00 pm

Open Social

Fridays 10:30-11:30 am

Coffee group will come inside backroom.
"We regret to have to limit participation at Coffee Group to 10 members at this time. Please know that we will invite more participation as soon as we can!"

Do you want some training? Try out the CNC Program we provide.

Next course starts in November!

See the employment facilitator Sally to explore the CNC 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 before October 27th to get signed up.

Rebuilding Group (6-month course)

An educational program based around learning coping strategies after brain injury. This program is a 24-week course. Starting October 14th to April 14th, 2022. Please contact your case manager to sign up for this group. The course will be a closed group.

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

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

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 October 18th

6:30 pm to 8 pm

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

Relationship Group 1st Monday
of the month October 4th

6:30 pm to 8 pm

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

Tool Box
This educational class is a sequel to Intro to Brain Injury and gives you the tools to move forward in your life.

Please call the office (250-564-2447) or talk to your case manager about registering for this class on ZOOM.

Class Schedule: 4 sessions Oct 12, Oct 19, Oct 26, and Nov 2

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

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



"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.