

January 2022

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Welcome to a New Year!					1
2	3 Office Closed	4	5 CLG "Setting goals for 2022" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279	6 Rebuilding #10 10:00 am – 11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	7 Women's Group "Nutrition 101" "11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	8
9	10 PG Brain Injured Group Facebook Live 11:00 am "Nutrition" Relationship Group "Calm your limbic system" pgs. 65-70 Time: 6:30-8:00 pm https://zoom.us/j/7248232279	11 Introduction to Brain Injury #1 10am-11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	12 CLG "My sense of time has changed" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279	13 Rebuilding #11 10:00 am – 11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	14 Women's Group "Emergency Preparedness" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	15
16	17 PG Brain Injured Group Facebook Live 11:00 am "How to apply boundaries" Family Group "Structures of the brain & the impact" Time: 6:30-8:00 pm https://zoom.us/j/7248232279	18 Introduction to Brain Injury #2 10am-11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	19 CLG "Squirrel" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279 PWD	20 Rebuilding #12 10:00 am – 11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	21 Women's Group "Boundaries Defined & Applied" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	22
23	24 PG Brain Injured Group Facebook Live 11:00 am "BI and Mindset"	25 Introduction to Brain Injury #3 10am-11:30 am Join Zoom Meeting https://zoom.us/j/96252837825	26 CLG "Helping others understand my BI" 12:30 pm-2:00 pm Join Zoom Meeting https://zoom.us/j/7248232279	27 Rebuilding #13 10:00 am – 11:30 am Join Zoom Meeting https://zoom.us/j/96252837825 CPP	28 Women's Group "Past hurts, is forgiveness possible?" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	29
30	31 PG Brain Injured Group Facebook Live 11:00 am "Change & Limbic System"					