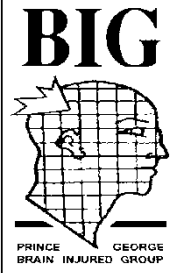


# The Prince George Brain Injured Group

## January 2022 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

**Welcome to a new year!**

“Every survival kit should include a sense of humour!” -Unknown

“Set aside some time this month with the person who makes you

laugh the most.” -PG BIG



Office Closed

Monday January 3<sup>rd</sup>, 2022



### 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 Paul.

#### Class Schedule:

Part 1: Jan 11, Part 2: Jan 18 & Part 3: Jan 25  
Tuesdays 10:00 am -11:30 am Join Zoom Meeting

<https://zoom.us/j/96252837825>



### Weekly Group

**Rebuilding Group (6-month course)**

**Full Now!! Closed Group**

October 14<sup>th</sup> to April 14<sup>th</sup>, 2022

**Zoom time: Thursdays 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 3<sup>rd</sup> Monday**  
**of the month: January 17th**

6:30 pm to 8 pm

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

**Relationship Group 1<sup>st</sup> Monday**  
**of the month: January 10th**

6:30 pm to 8 pm

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

### **Are you looking for part-time work or volunteer opportunity?**

Positions Available: Snow Shoveler. Volunteer: In office answering phone

Ask for Leslie if interested.



**“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.