



May 2022

PHONE: 250-564-2447

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 Coffee Group 11:00 am-12:00 pm Relationship Group "Challenges with thinking skills" pg. 131-136 6:30-8:00 pm Join Zoom Meeting https://zoom.us/j/96252837825	3 Intro to Brain Injury Part 1 10 am-11:30 am Join In-Person	4 CLG "Letting go of the past and learning to move forward" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279	5 Open Social Topic TBA 1:00-2:30	6 Women's Group "Past hurts, is forgiveness possible?" 11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	7
8	9 Coffee Group 11:00 am-12:00 pm	10 Intro to Brain Injury Part 2 10 am-11:30 am Join In-Person	11 CLG "Learning to live with some limitations" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279	12 Open Social Topic TBA 1:00-2:30	13 Women's Group "Learning how to apologize; the 4 A's" "11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	14
15	16 Coffee Group 11:00 am-12:00 pm Family Group "I need help too, not just the family member who has a brain injury" 6:30-8:00 pm Join Zoom Meeting https://zoom.us/j/96252837825	17 Intro to Brain Injury Part 3 10 am-11:30 am Join In-Person	18 CLG "The challenges of asking for help" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279	19 Backyard BBQ 12:00-2:00 	20 Women's Group "Challenging automatic negative thoughts" "11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279	21
22	23 Office Closed 	24 Intro to Brain Injury Part 4 This group is for staff 10 am-11:30 am Join In-Person	25 CLG "Brain injury and depression" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279 PWD NBIA AGM 1:00 Zoom	26 Open Social Topic TBA 1:00-2:30	27 Women's Group "Getting fit post-injury – is it even possible?" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279 CPP	28
29	30 Coffee Group 11:00 am-12:00 pm	31				