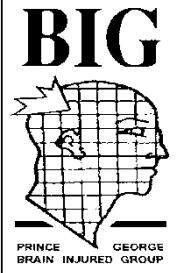


The Prince George Brain Injured Group

May 2022 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Local Updates

Here is a quick update about opportunities in the community:

- Living Life to the Full Virtual Program: 8 week program for Stroke survivors starting May 4, 2022.
- Two Rivers Art Gallery is seeking participants for a collaborative physical accessibility audit.

Please speak with your case manager if you are interested in learning more.

OFFICE CLOSED

The office will be closed on **May 23, 2022** for Victoria Day.

NBIA AGM

May 25, 2022

1:00 pm on Zoom. Please email info@nbia.ca for the link.

Employment Program

We're looking for a volunteer receptionist to answer the phone and greet visitors/members. Please contact Leslie to learn more.

Backyard Barbeque

When: 12:00-2:00 May 19, 2022

Where: PG BIG Parking Lot

You are welcome to bring a lawn chair or food.



Group Updates

- Coffee Group - Mondays 11:00-12:00
- Open Social - Thursdays 1:00-2:30
- CLG is now offered in person and Zoom from 12:30-2:00 on Wednesdays. Proof of vaccination is not required.

CNC Program

The CNC Trades Exploration Program gets started in the beginning of May. It is a trades sampler through CNC where you learn carpentry, automotive and cooking. Employment supports in place for success and is facilitated by Sally. There are spots open, if interested, please speak to Sally or your case manager.

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. Facilitation by Paul.

Class Schedule: Part 1: May 3, Part 2: May 10, Part 3: May 17.

In Person - Tuesdays 10:00 am -11:30 am

Virtual Groups Weekly and Monthly:

Relationship Group 1st Monday of the month: May 2nd
6:30 pm to 8 pm
<https://zoom.us/j/7248232279>

Family Support Group 3rd Monday of the month: May 16th
6:30 pm to 8 pm
<https://zoom.us/j/7248232279>

Connect Learn and Grow (CLG) Wednesdays 12:30 pm – 2:00 pm
In Person or 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>