


June 2022

PHONE: 250-564-2447

Brain Injury Awareness Month

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<p>1 CLG "Brain injury and anxiety" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279</p>	<p>2 Open Social "Simon Gunanoot Video" 1:00-2:30</p>	<p>3 Women's Group "Dealing with sensory overload" 11:00 am -12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	4
5	<p>6 Coffee Group 11:00 am-12:00 pm</p>	<p>7 Toolbox Part 1 10 am-11:30 am Join In Person</p>	<p>8 CLG "Dealing with friends" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279</p>	<p>9 Open Social "The story of us-service and sacrifice" 1:00-2:30</p>	<p>10 Women's Group "Overcoming negative mindsets" "11:00 am -12:30 pm" Join Zoom Meeting https://zoom.us/j/7248232279</p>	11
12	<p>13 Coffee Group 11:00 am-12:00 pm</p>	<p>14 Toolbox Part 2 10 am-11:30 am Join In Person</p>	<p>15 CLG "Living a holistic lifestyle" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279</p>	<p>16 Julia & Vicki's Retirement Potluck 12:00-2:00 </p>	<p>17 Women's Group "Mindfulness – just breathe" "11:00 am -12:30 pm" Join Zoom Meeting https://zoom.us/j/7248232279</p>	18
19	<p>20 Coffee Group 11:00 am-12:00 pm</p>	<p>21 Toolbox Part 3 10 am-11:30 am Join In Person Brain Injury Awareness Event to be Announced 12-2</p>	<p>22 CLG "Anger de-escalation" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279 PWD</p>	<p>23 Open Social "The story of us-boom/bust" 1:00-2:30 PG BIG AGM 11:30 In Person</p>	<p>24 Women's Group "Coping with chronic pain" 11:00 am – 12:30 pm Join Zoom Meeting https://zoom.us/j/7248232279</p>	25
26	<p>27 Coffee Group 11:00 am-12:00 pm</p>	<p>28 Toolbox Part 4 10 am-11:30 am Join In Person CPP</p>	<p>29 CLG "Dealing with abandonment and how to cope" 12:30 pm-2:00 pm Join In Person or Zoom Meeting https://zoom.us/j/7248232279</p>	<p>30 Open Social "Gold rush of BC" 1:00-2:30</p>		