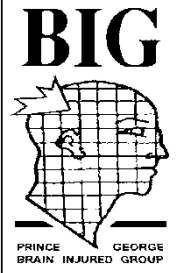


The Prince George Brain Injured Group

June 2022 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

The moment many of you have been waiting for...

Julia & Vicki's Retirement Potluck!

When: June 16, 2022 from 12:00-2:00pm

Where: PG BIG Office Who: Please sign up at the front of the office if you would like to join!

**PG BIG
Annual General Meeting
June 23, 2022
11:30am
In Person at PG BIG
Office**

June is Brain Injury Awareness Month!

Mr. PG will be holding our flag from June 17-24, be sure to take a look. There will be an event June 21 from 12-2pm to raise awareness for brain injury. Stay tuned for details. Come down and support PG BIG!

Looking for Help in the Gardens

It is that time of year again. We are looking for volunteers to help with planting flowers and watering.

Please contact Leslie if you are interested

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.

Virtual Groups Weekly and Monthly:

**Relationship Group 1st Monday of the month: No Group
6:30 pm to 8 pm
Will Return in September**

**Family Support Group 3rd Monday of the month: No Group
6:30 pm to 8 pm
Will Return in September**

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.

**Connect Learn and Grow (CLG)
Wednesdays 12:30 pm – 2:00 pm
In Person or Join Zoom Meeting
<https://zoom.us/j/7248232279>**

Toolbox

This educational class is a sequel to Intro to Brain Injury and gives you the tools to move forward in your life. Please call the office (250-564-2447) or talk to your case manager about registering for this class.

**Women's Group
Fridays at 11:00 am – 12:30 pm
Join Zoom Meeting
<https://zoom.us/j/7248232279>**

Class Schedule: Part 1: June 7, Part 2: June 14, Part 3: June 21, Part 4: June 28

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