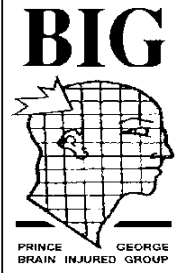


The Prince George Brain Injured Group

December 2022 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

BIG Christmas Party

December 15, 2022 – Doors open 4:00pm and Dinner at 5:00pm – Sign up at office. Join us for turkey dinner and door prizes.

Those needing a ride to dinner – please meet at the BIG office at 3:30pm.



Office CLOSED
December 26 & 27, 2022
January 2, 2023

Merry Christmas

Office & Program Updates!

Groups in December...

- There will be no groups on Dec. 15 and 16 for the Christmas party
- Open social on December 22 will be Cribbage and games – please join us for some fun!



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CNC Program

The CNC Trades Exploration Program is ongoing. 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. If interested, please speak to Sally or your case manager.

Groups Weekly and Monthly:

Relationship Group 1st Monday of the month: **Dec. 5, 2022**
6:30 pm to 8 pm
<https://zoom.us/j/96252837825>

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

Karate
Wednesdays 10:30 pm – 11:30 am
In Person

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

Rebuilding – In Person
Thursdays 10:00 am – 11:30am

Open Social
Thursdays 1:00 pm – 2:30 pm
In Person

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

Volunteers Needed for Christmas Decorating and Prep

We are looking for people to help:

- Decorate the Christmas tree and office on Dec. 2 from 1:00-2:00pm.
- Food Prep for Christmas party Dec. 12-14 at 10:30am.

If you would like to volunteer or have any questions – please reach out to Leslie.

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.

Class Schedule: Part 1: Dec. 13, Part 2: Dec. 20, Part 3: Jan. 3,
Part 4: Jan. 10, Part 5: Jan. 17, Part 6: Jan. 24.

Time: Tuesdays 10:00 am -11:30 am
In Person at PG BIG Office