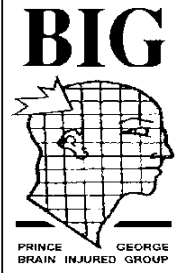


The Prince George Brain Injured Group

January 2023 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

HAPPY NEW YEAR 2023

Happy New Year to all our friends, staff, professional colleagues and most especially our wonderful members.

We hope the new year brings good health, renewed hope, new opportunities, new ways to give and to love.

May this be your best year ever where you live in the moment, start each day with gratitude, laugh more, create meaningful connections, focus on the positive, stick to your goals and choose happiness for you and your loved ones.

Office CLOSED
January 2, 2023



OPEN SOCIAL

This is for peers to come and enjoy some fun activities, movies, documentaries and great conversations. Scott will be facilitating open social.



When: Thursdays 1:00 to 2:30 pm



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: **January 9th, 2023**
6:30 pm to 8 pm
<https://zoom.us/j/96252837825>

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

Connect Learn and Grow (CLG)
Wednesdays 12:30 pm – 2:00 pm
In Person (Zoom is on hold)

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/96252837825>

New Year Potluck! Come join us at the office for a meal together!

Thursday January 26th, 2023
12:30 pm – 2:00 pm

Please bring a dish to share.

