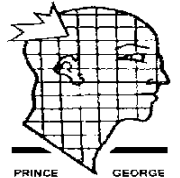


# The Prince George Brain Injured Group

## May 2023 Newsletter



# BIG



PRINCE GEORGE  
BRAIN INJURED GROUP

### Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



**Welcome Spring!**

It is time to garden! If you are interested in helping plant our planters out front of the office, please let Jenn know. 250-564-2447.



**Introduction to Brain Injury will start Tuesday, June 6<sup>th</sup>, 2023**

**The office will be CLOSED On May 22<sup>nd</sup> for Victoria Day**

**Emotional Management Group**  
**A deep dive into emotional management issues that arise during recovery!**  
**Starts Fall 2023**

### Groups Weekly and Monthly:

**Relationship Group 1<sup>st</sup> Monday of the month: May 1<sup>st</sup>, 2023**  
**6:30 pm to 8 pm**  
**Join Zoom Meeting**

<https://us06web.zoom.us/j/88601859710?pwd=bkZ2Zmw0NmtFZmQySFN5bGc0TnprZz09>

**Karate**  
**Wednesdays 10:30 am – 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://us06web.zoom.us/j/88601859710?pwd=bkZ2Zmw0NmtFZmQySFN5bGc0TnprZz09>

## **Group Home 30<sup>th</sup> Anniversary BBQ Celebration**

**Wednesday, May 10<sup>th</sup>, 2023**  
**12:00 pm – 3:30 pm @ the group home**  
**2012 Quince Street**



**Come Join the Celebration!**