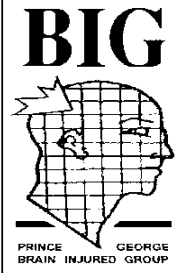


# The Prince George Brain Injured Group

## June 2023 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

### West Lake Camp Day

July 20<sup>th</sup>, 2023

9:00 am – 4:00 pm



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Meeting at West Lake Park 9:00 am – 9:30 am  
Rides available; Please sign up

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

Relationship Group & Women's Group are now finished for the summer! Enjoy your summer! It's possible that they might start back in-person in the fall.

### Emotional Management Group

A deep dive into emotional management issues that arise during recovery!

Starts Fall 2023

Please see your Case Manager  
If you are interested.

### Groups Weekly and Monthly:

#### 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)

#### Open Social

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

### Annual General Meeting

June 15<sup>th</sup>, 2023

@ 1:00 pm

In the Big Room



Yoga in the park will start in July! Friday Mornings.  
More info to follow!