

The Prince George Brain Injured Group

November 2023 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447

Come learn about gambling, gaming &
screen time and resources available

Find Your Balance
with Gambling Support BC
November 2, 2023
1:00 pm

Office Closed
Monday, November
13th, 2023



Art Group
Tuesday, November 21st, 2023
1:00 pm – 3:00 pm



Ping Pong Time has
changed
1:00 pm-2:00 pm
Fridays

Groups Weekly and Monthly:

Coffee Group
Mondays 11:00 am -12:00 pm

Toolbox
Tuesdays 10:00 am – 11:30 am

Karate
Wednesdays 10:00 am – 11:30 am

Connect Learn and Grow
(CLG)
Wednesdays 12:30 pm – 2:00 pm

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

Yoga in the building
PG BIG Office
Fridays 10:00 am – 11:30 am

Drop in Ping Pong
Fridays 1:00 pm – 3:00 pm

We are very excited about our Christmas Party!
We are looking at different options – Information will
be sent out as soon as possible!



Remembrance Day Tea
Thursday, November 9th, 2023
1:00 pm – 2:30 pm