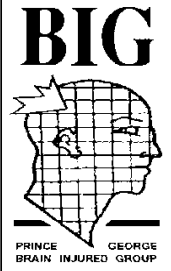


# The Prince George Brain Injured Group

## January 2024 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



#### ART GROUP

**Tuesday, January 30<sup>th</sup>, 2024**

**1:00 pm – 3:00 pm**



#### Ping Pong Tournament

**Friday, January 19<sup>th</sup>,  
2023**

**12:00 pm**

**Office Closed  
January 1<sup>st</sup>, 2024**

**Ping Pong time changed to  
12:00 pm – 1:00 pm  
Yoga time changed to  
1:30 pm- 2:30 pm**



#### Women's Group

**in person at the PGBIG Office  
Last Friday of the month  
Friday, January 26<sup>th</sup>, 2023  
10:00 am – 11:30 am**

#### Connect, Learn and Grow (CLG) Lunch & Learn



**Come enjoy some lunch and Learn  
about the topic of the month  
Last Wednesday of every month  
12:30 pm-2:00 pm**

**New Year Potluck  
Thursday, January 4<sup>th</sup>, 2024  
12:00 pm – 2:00 pm**

**HAPPY NEW YEAR  
2024!**

**PG BIG Office  
Please bring something to share**

#### 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**

**Connect Learn and Grow  
Lunch & Learn  
Last Wednesday of every month  
12:30 pm- 2:00 pm**

**Rebuilding  
Thursdays 10:00 am – 11:30 am**

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

**Drop in Ping Pong  
Fridays 12:00 pm – 1:00 pm**

**Yoga in the building  
PG BIG Office  
Fridays 1:30 pm-- 2:30 pm**

**Women's Group  
PG BIG Office  
Last Friday of every month  
10:00 am – 11:30 am**