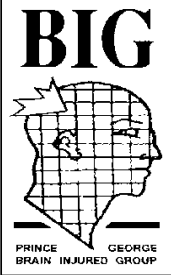


The Prince George Brain Injured Group

February 2024 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



ART GROUP

Tuesday, February 27th, 2024

1:00 pm – 3:00 pm



Office Closed
February 19th, 2024
Family Day

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



Women's Group

Women after Brain Injury sharing and learning together
in person at the PGBIG Office
Last Friday of every month
Friday, February 23rd, 2024
10:00 am – 11:30 am

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

Connect, Learn and Grow (CLG) Lunch & Learn



Come enjoy some lunch and Learn about the
topic of the month!
Last Wednesday of every month
Wednesday, February 28th, 2024
12:30 pm - 2:00 pm

Valentine's Day Pancakes
Thursday, February 15th, 2024
12:30 pm – 2:30 pm



PG BIG Office
Let us treat you to some pancakes,
bacon and sausages!