



The Prince George Brain Injured Group

March 2024 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



ART GROUP

Monday, March 25th, 2024

1:00 pm – 3:00 pm



Women's Group

**Women after Brain Injury sharing and learning together
in person at the PG BIG Office
Friday, March 22nd , 2024
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, March 27th , 2024
12:30 pm - 2:00 pm**

St. Patrick's Day Potluck

**Thursday, March 14th , 2024
1:00 pm – 2:30 pm**



**PG BIG Office
Bring Something to share!**

**Office Closed
March 29th & April 1st
Easter Weekend**

Groups Weekly and Monthly:

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

**Introduction to Brain Injury
Tuesdays 10:00 am – 11:30 am**

**Toolbox
Tuesdays 1:00 pm – 2:30 pm**

**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
PG BIG Office
Fridays 1:30 pm – 2:30 pm**

**Women's Group
PG BIG Office
March 22nd- Friday
10:00 am – 11:30 am**

**Art Group
PG BIG Office
Last Monday of every month
1:00 pm – 3:00 pm**