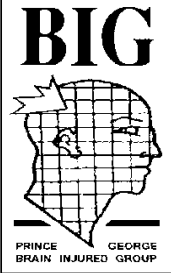




The Prince George Brain Injured Group

April 2024 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



ART GROUP

Monday, April 29th, 2024

1:00 pm – 3:00 pm



Office Closed
March 29th & April 1st
Easter Weekend

Groups Weekly and Monthly:

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

Toolbox
Tuesdays 10:00 pm – 11:30 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
Last Friday of every month
10:00 am – 11:30 am

Art Group
PG BIG Office
Last Monday of every month
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, April 26th , 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, April 24th , 2024

12:30 pm - 2:00 pm

Spring Fling Potluck

Thursday, April 18th , 2024

1:00 pm – 2:30 pm



Wear your fun spring hat or Shirt!

PG BIG Office

Bring Something to share!