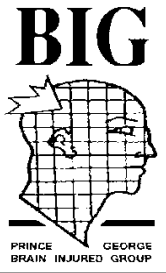


The Prince George Brain Injured Group



June 2024 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



ART GROUP

Monday, June 24th, 2024
1:00 pm – 3:00 pm



Annual General Meeting

June 13th, 2024
1:00 pm – 3:00 pm
PG BIG Office



Groups Weekly and Monthly:

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

Introduction to Brain Injury
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

Ping Pong / Drop in Games
Fridays 11:00 am – 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, June 28th , 2024
10:00 am – 11:30 am

Introduction to Brain Injury

June 11th, 2024
10:00 am – 11:30 am
PG BIG Office

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, June 26th , 2024
12:30 pm - 2:00 pm

Alison's Tree Picnic
Thursday, June 27th , 2024
1:00 pm – 2:30 pm



Lheidli T'enneh Park



Games Group

Ping Pong/Jenga/Crib
Fridays
11:00 am- 1:00 pm