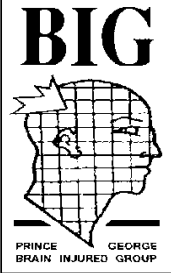


The Prince George Brain Injured Group



May 2024 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Phone: 250-564-2447



ART GROUP

Monday, May 27th, 2024

1:00 pm – 3:00 pm

Annual General Meeting

In June

Time and date to be announced

Office Closed
May 6th & May 20th

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

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, May 31st , 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, May 29th , 2024

12:30 pm - 2:00 pm

Back Alley BBQ
Thursday, May 16th , 2024
1:00 pm – 2:30 pm



PG BIG Office

Bring Something to share!



Games Group

Ping Pong/Jenga/Crib

Fridays

11:00 am- 1:00 pm