


# MAY 2025

## PG Brain Injured Group

PHONE: 250-564-2447

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
				1 Rebuilding # 31 10:00 am – 11:30 am  Open Social “Canada’s Volcanoes: The Cradle of Life” 1:00 pm -2:30 pm	2 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	3
4	5 Coffee Group 11:00 am-12:00 pm	6 Toolbox #3 10:00 – 11:30 am  Intro to Brain Injury #1 1:00 pm – 2:30 pm	7 Karate 10:00 -11:30 am  CLG “Owning your Voice” 12:30 pm-2:00 pm	8 Rebuilding # 32 10:00 am – 11:30 am  Open Social “Inside Hidden Caves: Canada’s Underground World” 1:00 pm -2:30 pm	9 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	10
11	12 Coffee Group 11:00 am-12:00 pm  BIG ID Blitz 1:00pm – 3:00pm	13 Toolbox #4 10:00 – 11:30 am  Intro to Brain Injury #2 1:00 pm – 2:30 pm	14 Karate 10:00 -11:30 am  CLG “Confidence/Self Worth” 12:30 pm-2:00 pm	15 Rebuilding # 33 10:00 am – 11:30 am  Back Alley BBQ 1:00 pm - 2:30 pm	16 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	17
18	19 Victoria Day Office Closed  	20 Toolbox #5 10:00 – 11:30 am  Intro to Brain Injury #3 1:00 pm – 2:30 pm	21 Karate 10:00 -11:30 am  CLG “BeYOUtiful being You” 12:30 pm-2:00 pm <b>PWD</b>	22 Rebuilding # 34 10:00 am – 11:30 am  Open Social “The Depth of the North Sea: Life in the Cold Abyss” 1:00 pm -2:30 pm	23 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 2:30 pm	24
25	26 Coffee Group 11:00 am-12:00 pm  Art Group 1:00 pm-3:00pm	27 Toolbox #6 10:00 – 11:30 am  Intro to Brain Injury #4 1:00 pm – 2:30 pm	28 Karate 10:00 -11:30 am  CLG “How Support Helps You” 12:30 pm-2:00 pm  <b>CPP/OAS</b>	29 Rebuilding # 35 10:00 am – 11:30 am  Open Social “Hunt for Giant Squid” 1:00 pm -2:30 pm	30 Woman’s Group “Getting Overstimulated” 10:00 am -11:30 am  Games 11:00 am – 1:00 pm  Yoga 1:30pm – 2:30pm	31