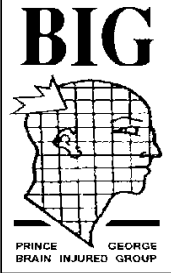


The Prince George Brain Injured Group



May 2025 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Women's Group

Come check out this group.
Women after Brain Injury sharing and learning together
at the PG BIG Office
Friday, May 30th, 2025
10:00 am – 11:30 am



Art Group

Monday, May 26th, 2025
1:00 pm – 3:00 pm


**Office Closed
Victoria Day
May 19th, 2025**

Groups Weekly and Monthly:

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

Toolbox (8 weeks)
Tuesdays 10:00 am – 11:30 am

Intro to Brain Injury
Tuesdays 1:00 – 2:30 pm

Karate 
Wednesdays 10:00 am – 11:30 am

Rebuilding
Thursdays 10:00 am – 11:30 AM
(Closed Group)

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

Into To Brain Injury

Runs for 4 weeks

One week break and starts again for family, professionals and anyone interested in learning about brain injury, symptoms and strategies.

Next class May 6th

Toolbox

This educational class is a sequel to Intro to Brain Injury and gives you the tools to move forward in your life. Please call the office 250-564-2447 or talk to your case manager about registering for this class.

Class Schedule: Always on Tuesday

10:00am to 11:30am. 8 week class, with a week break.

Every Friday is Games Day!

Fridays 11:00 am to 1:00 pm

Ping Pong, Card Games, Giant Connect Four and Jenga.

This is a good way to be social whether you play or cheer on your peers.



Back Alley BBQ!

Thursday May 15th, 2025

Time: 1:00 – 2:30 pm

Come Join us for some good food and connections.
Bring a dish to share. Sharing is caring!

