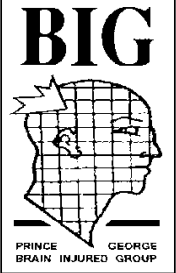


The Prince George Brain Injured Group



June 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, June 27th, 2025
10:00 am – 11:30 am



Art Group Join us for some creative fun!

Monday, June 30th, 2025
1:00 pm – 3:00 pm


**Volunteers needed for planting
and maintaining flowers in front of
office!**
Please see Melanie if interested!

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
Second to last Friday of this
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 June 17th

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.

Annual General Meeting!

Monday, June 9, 2025, 1pm

****Meet some of our board members****

****Look at the past year at PGBIG****

And, most importantly...
Celebrate Citizen of the Year!!!!
*****LUNCH IS ON US*****

Petting Zoo Potluck!

Thursday June 12th, 2025

Time: 1:00 – 2:30 pm

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

