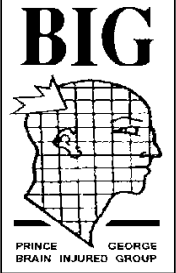


The Prince George Brain Injured Group



July 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, July 25, 2025
10:00 am – 11:30 am



Art Group
Join us for some creative fun!
Monday, July 28th, 2025
1:00 pm – 3:00 pm

Office Closed July 1st
Happy Canada Day!

Groups Weekly and Monthly:

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

Toolbox (8 weeks)
Tuesdays 1:00 pm – 2:30 pm

Intro to Brain Injury (4 weeks)
Tuesdays 1:00 – 2:30 pm

CLG
Wednesday 12:30pm – 2:00pm


Karate
Returning in September

Rebuilding
Returning in September
(Closed Group)

Open Social
Thursdays 1:00 pm – 2:30 pm

Ping Pong / Drop in Games
Fridays 11:00 am – 1:00 pm

Yoga
Returning in September
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.

Tuesdays 1:00pm to 2:30pm June 17th to July 15th

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: Tuesdays, July 22 to Sept 9th
1:00pm to 2:30pm, 8 weeks of class.

Toolbox now to run after Intro to Brain Injury is complete

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.



Alison's Tree Potluck!

Thursday July 17th, 2025

Time: 1:00 – 2:30 pm

Join us in Lheidli T'enneh Memorial Park to connect and eat! Bring a dish to share or help set up and/or take down. Sign up sheets for rides will be posted in the office or ask your case manager about it!

