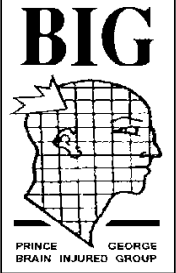


# The Prince George Brain Injured Group



## August 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, Aug 29, 2025  
10:00 am – 11:30 am



**Art Group**  
Join us for some creative fun!  
Monday, Aug 25th, 2025  
1:00 pm – 3:00 pm

**Office Closed Aug 4th**  
**Happy BC 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 October

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

This class runs for 4 weeks and is for anyone with a brain injury, professionals and family members interested in learning about brain injury, symptoms and strategies.

**Next Class starts Tuesday, Sept 16**

#### 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<sup>nd</sup> to Sept 9<sup>th</sup>  
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.



#### Group Home BBQ!

Thursday, Aug 21st, 2025  
Time: 12:00 pm – 2:30 pm

Join us for a BBQ at the Group Home! Sign up sheets will be posted. If you would like to attend, please sign up so we can make sure we have enough food for all! Please check with your case manager for the address!

