

# SEPTEMBER 2025

## PG Brain Injured Group

PHONE: 250-564-2447

Su n	Monday	Tuesday	Wednesday	Thursday	Friday	Sa t
	1 Office Closed Happy Labor Day! 	2 Toolbox #7 1:00 pm – 2:30 pm	3 CLG “What Gives Me Inspiration” 12:30 pm-2:00 pm	4 Open Social “My Octopus Teacher (Netflix)” 1:00 pm -2:30 pm	5 Games 11:00 am – 1:00 pm	6
9	8 Coffee Group 11:00 am-12:00 pm	9 Toolbox #8 1:00 pm – 2:30 pm	10 CLG “Healthy Nutrition and What to Avoid” 12:30 pm-2:00 pm	11 Open Social “Newfoundland – On the Shores of Canada’s Most Spectacular Coast” 1:00 pm -2:30 pm	12 Games 11:00 am – 1:00 pm	13
14	15 Coffee Group 11:00 am-12:00 pm	16 Rebuilding #1 10:00 am – 11:30 am  Intro to Brain injury #1 1:00 pm – 2:30 pm	17 CLG “Hormones Body and Brain” 12:30 pm-2:00 pm	18 Fall Fling Potluck 1:00 pm – 2:30 pm 	19 Games 11:00 am – 1:00 pm  Yoga 1:30 pm – 3pm	20
21	22 Coffee Group 11:00 am-12:00 pm	23 Rebuilding #2 10:00 am – 11:30 am  Intro to Brain injury #2 1:00 pm – 2:30 pm	24 CLG “Understanding the New Me” 12:30 pm-2:00 pm  PWD	25 Open Social “Wild Yellowstone – Ruthless Predators and Majestic Wilderness” 1:00 pm – 2:30 pm  CPP/OAS	26 Games 11:00 am – 1:00 pm Yoga 1:30 pm – 3pm  Women’s Group “Acceptance of Brain Injury” 10:00 am – 11:30 am	27
28	29 Coffee Group 11:00 am-12:00 pm	30 Office Closed For Truth and Reconciliation Day! 				