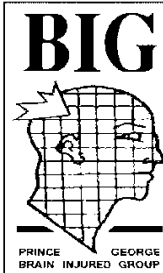


The Prince George Brain Injured Group



September 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, Sept 26, 2025
10:00 am – 11:30 am

Attention all members of the BIG art group: If you have left a piece of art with us, please pick it up and bring it home! All art is in the BIG room at the office waiting for its owner to pick them up!
Art Group class is no longer running
Look for Christmas Centre Piece Art Sign up in November!

Office Closed
September 1st and 30th
for Stat Holidays

Groups Weekly and Monthly:

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

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

Toolbox (8 weeks after Intro to Brain Injury)
Tuesdays 1:00 pm – 2:30 pm

CLG
Wednesday 12:30pm – 2:00pm

Karate 
Returning in October 8th

Rebuilding
Returning September 16th
Tuesday 10:00 am – 11:30 am
(Closed Group)

Emotional Wellness
Starts October 23

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

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

Yoga
Returning September 19th
Fridays 1:30 pm- – 2:30 pm

Women's Group
PG BIG Office
Last Friday of every month
10:00 am – 11:30 am

Into To Brain Injury

4-session series that explains how the brain works, what happens after injury and how rehabilitation is possible.

Program provides knowledge, hope, and practical tools to support healing and adaptation.

Next Class starts
Tuesday, Sept 16th to
Oct 14th 1:00 pm to
2:30 pm

Toolbox

8-session series that supports rehabilitation after brain injury through brain health and practical strategies. It focuses on sleep, movement, nutrition, emotional balance and the "7 R's of Rebuilding Life." Small, consistent steps and neuroplasticity help you adapt, grow and rebuild your best self.

Class Schedule: Tuesdays, October 21st to Dec 9th
1:00pm to 2:30pm, 8 weeks of class. ***Toolbox now to run after Intro to Brain Injury is complete***

Rebuilding is starting September 16th!

Tuesdays, 10:00 am to 11:30 am

This program takes a deep dive into brain injury effects, triggers and coping strategies.

Runs for approximately 6 months to help you explore and learn about life after brain injury.

Talk with your case manager or Crystal Pederson if you are interested.

****Please note that once this class starts, it is a closed class.****

Fall Fling Potluck

Thursday, Sept 18th, 2025

Time: 1:00 pm – 2:30 pm

Bring a dish to share, sharing is caring!

If you can't bring a dish to share, please come early and help set up or stay after to help take down. Any help is appreciated!

