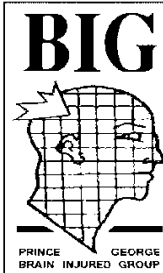


The Prince George Brain Injured Group



October 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, October 24th, 2025
10:00 am – 11:30 am

Karate

Starting October 8th!
This is closed group. If
you were in the last
Karate class, you are
invited back to
continue!

Office Closed

October 13th

Happy Thanksgiving!


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 
Wednesday October 8th
10:00 am – 11:30 am
(Closed Group)

Rebuilding
Tuesday 10:00 am – 11:30 am
(Closed Group)

Emotional Wellness
Starting Thursday October 23rd
10:00 am – 11:30 am

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

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

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*

Emotional Wellness is starting October 23rd!

Thursdays, 10:00 am to 11:30 am

This program helps members understand what emotions are, where they
come from, how the body connects with them and, how brain injury can
make it more challenging, and what can be done to reach emotional
wellness. Participants learn strategies to balance emotions with rational
thought, build healthier habits, and celebrate progress toward a more
positive, resilient life.

Thanksgiving Potluck

Thursday, Oct 16th, 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!

