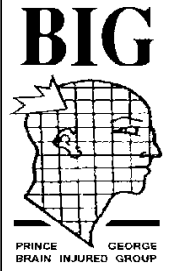


# The Prince George Brain Injured Group



## December 2025 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

#### Rebuilding

**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.

#### Yoga is Back!

**Join Vicki in the Big Room**

**Fridays from 1:30 pm to 2:30 pm for yoga!**



**Office Closed**

**Thursday December 25<sup>th</sup>**

**Friday December 26<sup>th</sup>**

### 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 10:00 am – 11:30 am  
(Closed Group)**

**Rebuilding**

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

**Emotional Wellness**

**Thursday 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**

**Friday, December 19<sup>th</sup>  
10:00 am – 11:30 am**

**Yoga**

**Friday 1:30 pm – 2:30 pm**

#### BIG ID

#### January 2026!

Do you need a BIG ID?  
Does your BIG ID need updating?

Come to the office in January to have one made or your current one updated!

**\*\*Dates and Times to be determined\*\***

#### 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 16<sup>th</sup> 1:00pm to 2:30pm, 8 weeks of class. **\*Toolbox now to run after Intro to Brain Injury is complete\***

#### BIG Christmas Party!

**Thursday, December 11<sup>th</sup>**

**Doors Open at 4:00pm - Dinner at 5:00pm**

**St. Giles Presbyterian Church 1500 Edmonton St.**

**Adults Only – Let us know if you are bringing a guest. Sign up sheet available at the office!**



#### A Message to our Members

As we approach the end of another year, we want to extend our sincere gratitude for your trust and allowing us to be a part of your journey. Working with you has been a true privilege, and we are thankful for all the moments we have shared.

This year has brought growth, learning, tons of fun and all the wonderful things that make us who we are. We look forward to continuing to support your goals in the year ahead, and we remain committed to serving you every day.

On behalf of our entire team, we wish you all the best this season and a healthy and inspiring New Year.

Warmest wishes,  
Sarah and Staff