

The Prince George Brain Injured Group



November 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.

Christmas Decoration

Making!

Happening in the 'Small Room', every Friday at 2pm. Please contact Melanie if you would like to help!



Office Closed
Tuesday, November 11th
For Remembrance 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



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

Last Friday of every month
10:00 am – 11:30 am

Emotional Wellness

Thursdays, 10:00 am to 11:30am

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.

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 16th
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 11th

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!



Favourite Food Potluck

Thursday, Nov 20th, 2025

Time: 1:00 pm – 2:30 pm

Bring your favourite 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!

