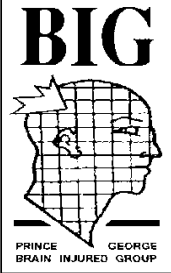


# The Prince George Brain Injured Group



## January 2026 Newsletter



### Upcoming Events/Classes/Groups at PGBIG

#### Toolbox

8-session series that supports rehabilitation after brain injury through brain health and practical strategies.

**Class Schedule:** Tuesdays 1:00 pm to 2:30pm starting February 3rd until March 24<sup>th</sup>, 8 weeks of classes.

#### Yoga is Back!

Join Vicki in the Big Room  
Fridays from 1:30 pm to 2:30 pm  
for yoga!



**Office Closed**  
**Thursday January 1<sup>st</sup>**  
**Happy New Year!**


### Groups Weekly and Monthly:

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

**Toolbox (8 weeks)**  
Tuesdays 1:00 pm – 2:30 pm  
Starts February 3rd

**Intro to Brain Injury (4 weeks)**  
Tuesdays 1:00 – 2:30 pm  
Starts January 6th

**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  
(Closed Group)  
**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, January 20th  
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 update your old one!

**Drop by January 22<sup>nd</sup>**  
**and January 23<sup>rd</sup> for**  
**BIG ID cards**

#### Intro to Brain Injury

A 4 part class that is for anyone with a brain injury, family members or professionals who are interested in learning about brain injury, symptoms and strategies. Please call or drop by to register



**Class Schedule:** Tuesdays, starting January 6<sup>th</sup> to January 27<sup>th</sup>, 1:00pm to 2:30pm, 4 weeks of class.

#### Every Friday is Games Day!

**Fridays, 11:00 am to 1:00 pm**

**Ping Pong, Card Games, Giant Connect Four and Jenga.**

**This is a good way to be social whether you play or cheer on your peers.**



#### **Join us for our January potluck, a winter warm up!**

**Thursday January 22<sup>nd</sup>**  
**1:00pm to 2:30 pm**



**Bring your favourite warm winter dish to share or stay to help us clean up afterwards. Hope to see you there 😊**