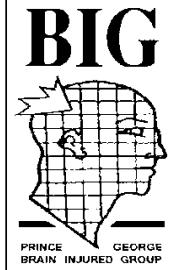


# The Prince George Brain Injured Group



## February 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 2:30 pm 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!



#### Open Social

Join us in the Big room every Thursday from 1:00 pm to 2:30 pm to watch different documentaries and videos and chat about them!



#### Connect, Learn, Grow

Every Wednesday from 12:30 pm to 2:00 pm, join us in the BIG room for Connect, Learn, Grow. In each class we explore a different topic. Keep an eye on the monthly calendar for the topic each week. This is a drop-in class and any members are welcome to attend.

#### Connect, Learn, and Grow

#### 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 February's Potluck – Pancake Breakfast!

Thursday February 19th  
1:00 pm to 2:30 pm



Bring a dish (or a pancake topping) to share or stay to help us clean up!

**Office Closed  
Monday February 16<sup>th</sup>  
Happy Family Day!**

#### 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 April

##### **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

##### **Women's Group**

PG BIG Office

Friday, February 28th  
10:00 am – 11:30 am

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

##### **Yoga**

Friday 1:30 pm – 2:30 pm