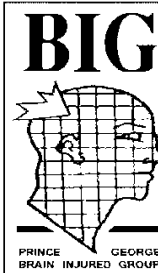


The Prince George Brain Injured Group



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 24th, 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 16th
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**