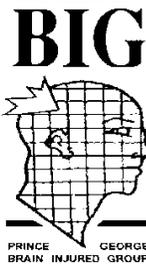


The Prince George Brain Injured Group



March 2026 Newsletter



Upcoming Events/Classes/Groups at PGBIG

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. This is a drop-in class and any members are welcome !

Connect, Learn, and Grow

Yoga is Back!!!

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



St Patricks Day is Tuesday
March 17th



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
Starts April 7th

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, March 27th
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

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!



We are Making a BIG Family Tree!

Stop by the office from Wednesday March 4th to Friday March 6th to add your thumbprint to our 2026 BIG Family Tree. Come leave your mark!



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 a St. Patrick's Day potluck!

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



Bring a dish to share or stay to help us clean up afterwards!