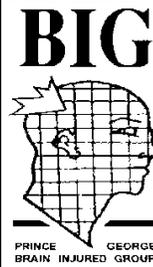


# The Prince George Brain Injured Group



## April 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

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



#### OFFICE CLOSED:

Friday April 3<sup>rd</sup> – Good Friday  
Monday April 6<sup>th</sup> – Easter  
Monday

#### Groups Weekly and Monthly:

##### Coffee Group

Mondays 11:00 am -12:00 pm

##### Toolbox (8 weeks)

Tuesdays 1:00 pm – 2:30 pm  
Starts May 12th

##### Intro to Brain Injury (4 weeks)

Tuesdays 1:00 – 2:30 pm  
Starts April 14th

##### 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

10:00 am – 11:30 am  
Every second Friday

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!



#### Women's Group

By member request we have begun doing Women's Group twice a month, every second Friday! Please join us from 10:00 am to 11:30 am on Friday April 10<sup>th</sup> and Friday April 23<sup>rd</sup> while we discuss the challenges that women with brain injury deal with.



#### 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 an Easter potluck!

Thursday April 16th  
1:00 pm to 2:30 pm



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