

The Prince George Brain Injured Group



June 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. We need some more participants!



OFFICE CLOSED:
Monday June 8th for Staff Training

Groups Weekly and Monthly:

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

Toolbox (8 weeks)
Tuesdays 1:00 pm – 2:30 pm
Last Class July 7th

Intro to Brain Injury (4 weeks)
Tuesdays 1:00 – 2:30 pm
Starts July 14th

CLG
Wednesday 12:30pm – 2:00pm

Karate
Wednesday 10:00 am – 11:30 am
(Closed Group)
Last Class is June 10th, starts again in the fall

Emotional Wellness
Thursday 10:00 am – 12:00 pm
(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!



Mobile Petting Zoo Potluck

Please join us for another year of the mobile petting zoo coming to PG BIG! Come snuggle some bunnies or pet some goats. Bring a dish to share or stay to help us clean up. Hope to see you there!



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.



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 June 5th and Friday June 19th from 10:00 am to 11:30 am while we discuss the challenges that women with brain injury deal with.

