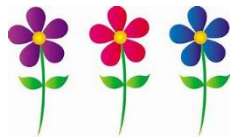
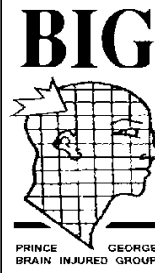


The Prince George Brain Injured Group



May 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:

Monday May 18th for Victoria 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 May 12th

Intro to Brain Injury (4 weeks)

Tuesdays 1:00 – 2:30 pm
Starts July 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 – 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!



PG BIG's AGM

Please join us for our annual general meeting! Thursday May 28th from 1:00 pm – 2:30 pm. We would love to have as many members present as possible. Lunch will be provided!



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 May 8th and Friday May 22nd while we discuss the challenges that women with brain injury deal with.

