

The Prince George Brain Injured Group



July 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

Intro to Brain Injury

This class is open to anyone wanting to learn about brain injury. This course runs for 4 weeks and takes place on Tuesdays from 1:00 pm – 2:30 pm, starting July 14th.

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!



Hawaiian Luau Potluck

Please join us for a July Hawaiian Luau potluck on Thursday July 23rd at 1pm. 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 July 3rd, Friday July 17th and Friday July 31st while we discuss the challenges that women with brain injury deal with.



**OFFICE CLOSED:
Wednesday July 1st for
Canada 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 August 11th**

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

**CLG
Wednesday 12:30pm – 2:00pm**

**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**

**Potlucks Every Month
Watch the Calendar for the Date**