

The Prince George Brain Injured Group

August 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

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! Snacks are provided.

Toolbox

8-session series that supports rehabilitation after brain injury through brain health and practical strategies.

Class Schedule:

Tuesdays 1:00 pm to 2:30pm starting August 11th, runs for 8 weeks.

West Lake Day Trip

Join us for a fun day out at West Lake on Thursday August 20th from 10:00 am – 2:00pm. Rides will be provided for those who need them from the office out to the lake. Please sign up at the office if you need a ride. Please bring a dish to share or stay to help us clean up if you can. Hope to see you all there for games, food and good times!



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 August 14th and Friday August 28th while we discuss the challenges that women with brain injury deal with.



OFFICE CLOSED:

Monday August 3rd for BC 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

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

