

The Prince George Brain Injured Group

September 2026 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Rebuilding

Rebuilding is a 6+ month course where we explore the physical, cognitive, emotional and behavioural effects of injury. Classes will start October 8th from 10:00 am – 11:30 am. Please talk to your case manager if you are interested.

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.

Yoga

Join Kaylee in the Big room every Friday from 1:30 pm - 2:30 pm for some gentle chair yoga followed by a relaxing guided meditation.



Alison's Tree Picnic

Join us for a fun day out at Lheidli T'enneh Memorial Park by Alison's Tree for food, games and a good time on Thursday September 17th from 1:00 pm – 2:30 pm. Rides will be provided to the Park from the office if needed.



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.



Emotional Wellness

Emotional Wellness is an in-depth exploration of our emotions – how to recognize, understand work with them in a positive way. We work toward “feeling good” in ourselves and in our relationships. We discuss many strategies, using both our body and our brain, that can lead to more life satisfaction. You must have taken Rebuilding previously to enroll in this class. This class runs for 8+ months.

Classes start Tuesday September 15th 10:00 am – 12:00 pm.

OFFICE CLOSED:

Monday Sept 7th for Labour Day
Wednesday Sept 30th for Truth and Reconciliation 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

Emotional Wellness

Tuesdays 10:00 am – 12:00 pm
Starts September 15th

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

Alison's Tree Picnic Thursday
September 17th 1:00 pm – 2:30 pm

