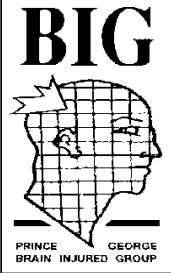


The Prince George Brain Injured Group

October 2026 Newsletter



Upcoming Events/Classes/Groups at PGBIG

Yoga

Join Kaylee in the Big room on Fridays from 1:30 pm – 2:30 pm for yoga. This is a drop in class, focusing on chair yoga but can be adapted as you prefer. Yoga is a great practice for mind and body and can help relieve stress. Come try it out!

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 October 6th.

Open Social

Join us in the Big room every Thursday from 1:00 pm to 2:30 pm to watch different videos and chat about them! Snacks are provided.



Christmas Decoration Making

It's that time of year again, we need to start working on our center pieces for our Christmas party! The decoration team is meeting on Mondays from 1:00 pm – 3:00 pm starting Monday October 19th. Please let Melanie know if you are interested in helping.



Looking for Employment Support?

PG BIG's Employment Services are here to help! We provide individualized support with resumes, cover letters, job searching, applications, interview preparation, education and volunteer opportunities, and building workplace skills. Our services are available to individuals living with an acquired brain injury, as well as vulnerable or low-income individuals who may need additional support reaching their employment goals.

Halloween Potluck

Join us on Thursday October 29th from 1:00 pm – 2:30 pm for a Halloween Potluck. Come enjoy some good food and connection. Please bring a dish to share or stay to help us clean up. Feel free to dress up in a costume or come as yourself. Hope to see you there!



OFFICE CLOSED:

Monday October 12th for Thanksgiving

Groups Weekly and Monthly:

Coffee Group

Mondays 11:00 am -12:00 pm

Christmas Decoration Making

Mondays 1:00 pm – 3:00 pm
Starts October 19th

Toolbox (8 weeks)

Tuesdays 1:00 pm – 2:30 pm
Next class starts November 9th

Intro to Brain Injury (4 weeks)

Tuesdays 1:00 – 2:30 pm
Starts Tuesday October 6th

Emotional Wellness (Closed Group)

Tuesdays 10:00 am – 12:00 pm

Karate (Closed Group)

Wednesdays 10:00 am – 11:30 am

CLG

Wednesdays 12:30pm – 2:00pm

Rebuilding (Closed Group)

Thursdays 10:00 am – 11:30 am
Starts October 8th

Open Social

Thursdays 1:00 pm – 2:30 pm

Women's Group

10:00 am – 11:30 am
Two Fridays a Month

Ping Pong / Drop in Games

Fridays 11:00 am – 1:00 pm

Yoga

Friday 1:30 pm – 2:30 pm