The Prince George Brain Injured Group

November 2026 Newsletter

Upcoming Events/Classes/Groups at PGBIG

Christmas Decoration Making

Happening in the Little Room every Monday from 1:00 pm – 3:00 pm. Please contact Melanie if you would like to help!



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

This class is an 8-session series that supports rehabilitation after brain inury through brain health and practical strategies.

Starts Tuesday November 10th, 1:00 pm–2:30 pm.



PG BIG's Annual Christmas Party

Thursday December 10th

St. Giles Presbyterian Church 1500 Edmonton Street. Doors open at 4:00 pm – Dinner at 5:00pm -

Adults Only – Please Let us know if you are bringing a guest. Sign-up sheet available at the office!

Rides can be provided home if needed, please indicate you need a ride when you sign up



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.





Fall Favourites Potluck

Join us on Thursday November 19th from 1:00 pm – 2:30 pm for a Fall Favorites potluck. Come enjoy some good food and connection. Please bring a dish to share or stay to help us clean up. Sharing is caring. Hope to see you all there!



OFFICE CLOSED:
Wednesday November 11th for Remembrance 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 November 10th

Intro to Brain Injury (4 weeks)
Tuesdays 1:00 – 2:30 pm
Will Start in January 2027

Emotional Wellness (closed group)
Tuesdays 10:00 am – 12:00 pm

CLG
Wednesdays 12:30pm – 2:00pm

Karate (closed group)
Wednesdays 10:00 am – 11:30 am

Rebuilding (closed group)
Thursdays 10:00 am – 11:30 am

Open Social
Thursdays 1:00 pm – 2:30 pm

Women's Group
10:00 am – 11:30 am
2 Fridays a Month

Ping Pong / Drop in Games
Fridays 11:00 am – 1:00 pm

Yoga
Friday 1:30 pm – 2:30 pm

Fall Favourites Potluck
Thursday November 19th
1:00 pm – 2:30 pm