

# Brain Injury Connections

NORTHWEST

# October

2025

● Virtual

▲ In-Person

★ In- Person & Virtual

	SUN	MON	TUES	WED	THURS	FRI	SAT
	9-28	September 29	September 30	1	1	3	4
			▲ In Person Coffee Social				● Saturday Virtual Support Group
			● Virtual Tuesday Brainy Bunch				
	5	6	7	8	9	10	11
			▲ In Person Coffee Social				▲ Mt Tabor Walk & Litter Patrol
			● Virtual Tuesday Brainy Bunch				
	12	13	14	15	16	17	18
			▲ In Person Coffee Social	▲ Love Your Brain Yoga Session 1			● Saturday Virtual Support Group
			● Virtual Tuesday Brainy Bunch				
	19	20	21	22	23	24	25
		▲ Gaming Connections	▲ In Person Coffee Social	▲ Love Your Brain Yoga Session 2	★ Art on the Brain Session 1		▲ Brainstormers
			● Virtual Tuesday Brainy Bunch				▲ Friends & Family Support Group
	26	27	28	29	30	31	November 1
			▲ In Person Coffee Social	▲ Love Your Brain Yoga Session 3	★ Art on the Brain Session 2		● Saturday Virtual Support Group
			● Virtual Tuesday Brainy Bunch				

Day	Date	Event/Program	Time (Pacific Zone)	Location
Saturday	October 4	● Saturday Virtual Support Group	10:30 am - 12:00 pm	Zoom
Tuesday	October 7	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	October 7	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Saturday	October 11	▲ Mt Tabor Walk & Litter Patrol	12:30 pm to 2:00 pm	Mt Tabor Park
Tuesday	October 14	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	October 14	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Wednesday	October 15	▲ Love Your Brain Yoga	10:45 am - 12:15 pm	Details given to registered participants
Saturday	October 18	● Saturday Virtual Support Group	10:30 am - 12:00 pm	Zoom
Monday	October 20	▲ Gaming Connections	12:00 - 2:30 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	October 21	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	October 21	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Wednesday	October 22	▲ Love Your Brain Yoga	10:45 am - 12:15 pm	Details given to registered participants
Thursday	October 23	★ Art on the Brain Summer Series	3:30 pm to 6:00 pm	In-Person & Virtual, details will be given to registered participants
Saturday	October 25	▲ Friends & Family Support Group	10:00 am - 12:00 pm	Legacy Emmanuel, MOB #2 Conference room EAST
Saturday	October 25	▲ Brainstormers Support Group	10:00 am - 12:00 pm	Legacy Emmanuel, MOB #2 Conference room WEST
Tuesday	October 28	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	October 28	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Wednesday	October 29	▲ Love Your Brain Yoga	10:45 am - 12:15 pm	Details given to registered participants
Thursday	October 30	★ Art on the Brain Summer Series	3:30 pm to 6:00 pm	In-Person & Virtual, details will be given to registered participants