

Brain Injury Connections

NORTHWEST

November

2025

● Virtual

▲ In-Person

★ In- Person & Virtual

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

Day	Date	Event/Program	Time (Pacific Zone)	Location
Saturday	November 1	● Saturday Virtual Support Group	10:30 am - 12:00 pm	Zoom
Tuesday	November 4	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	November 4	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Wednesday	November 5	▲ Love Your Brain Yoga Session 4	10:45 am - 12:15 pm	Details given to registered participants
Thursday	November 6	★ Art on the Brain Fall Session 3	3:30 pm to 6:00 pm	In-Person & Virtual, details will be given to registered participants
Saturday	November 8	▲ Mt Tabor Walk & Litter Patrol	12:30 pm to 2:00 pm	Mt Tabor Park
Saturday	November 8	▲ Casual Celebration for Fern, Chris, and Susan	10:30 am to 12:30 pm	The One Moto Cafe, 1642 NE Sandy Blvd, Portland, OR 97232
Tuesday	November 11	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	November 11	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Wednesday	November 12	▲ Love Your Brain Yoga Session 5	10:45 am - 12:15 pm	Details given to registered participants
Thursday	November 13	★ Art on the Brain Fall Session 4	3:30 pm to 6:00 pm	In-Person & Virtual, details will be given to registered participants
Saturday	November 15	● Saturday Virtual Support Group	10:30 am - 12:00 pm	Zoom
Monday	November 17	▲ Gaming Connections	12:00 - 2:30 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	November 18	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	November 18	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Wednesday	November 19	▲ Love Your Brain Yoga Session 6	10:45 am - 12:15 pm	Details given to registered participants
Thursday	November 20	★ Art on the Brain Fall Session 5	3:30 pm to 6:00 pm	In-Person & Virtual, details will be given to registered participants
Saturday	November 22	▲ Friends & Family Support Group	10:00 am - 12:00 pm	Legacy Emmanuel, MOB #2 Conference room EAST
Saturday	November 22	▲ Brainstormers Support Group	10:00 am - 12:00 pm	Legacy Emmanuel, MOB #2 Conference room WEST
Tuesday	November 25	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	November 25	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom