

# Brain Injury Connections

NORTHWEST

# January

2026

● Virtual

▲ In-Person

★ In- Person & Virtual

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

Day	Date	Event/Program	Time (Pacific Zone)	Location
Saturday	January 3	● Saturday Virtual Support Group	10:30 am - 12:00 pm	Zoom
Tuesday	January 6	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	January 6	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Saturday	January 10	▲ Mt Tabor Walk & Litter Patrol	12:30 pm to 2:00 pm	Mt Tabor Park
Tuesday	January 13	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	January 13	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Saturday	January 17	● Saturday Virtual Support Group	10:30 am - 12:00 pm	Zoom
Monday	January 19	▲ Gaming Connections	12:00 - 2:30 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	January 20	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	January 20	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Wednesday	January 21	▲ Love Your Brain Yoga WED #1	10:45 am - 12:15 pm	Details given to registered participants
Saturday	January 24	▲ Friends & Family Support Group	10:00 am - 12:00 pm	Legacy Emmanuel, MOB #2 Conference room EAST
Saturday	January 24	▲ Brainstormers Support Group	10:00 am - 12:00 pm	Legacy Emmanuel, MOB #2 Conference room WEST
Tuesday	January 27	▲ In Person Coffee Social	11:00 am - 1:00 pm	1411 SW Morrison St, Portland, OR 97205
Tuesday	January 27	● Virtual Tuesday Brainy Bunch	12:00 pm - 1:00 pm	Zoom
Wednesday	January 28	▲ Love Your Brain Yoga WED #2	10:45 am - 12:15 pm	Details given to registered participants
Thursday	January 29	★ Art on the Brain Winter Session 1	3:30 pm to 6:00 pm	In-Person & Virtual, details will be given to registered participants
Saturday	January 31	▲ Love Your Brain Yoga SAT #1	11:30 am to 1:00 pm	Details given to registered participants