



The 2022 Brain Injury Survivor Series via ZOOM

Please join the Brain Injury Hope Foundation (BIHF) for another year of exciting and interactive survivor series designed just for YOU! We explore ways to achieve a better life for people with BI and Post Traumatic Stress (PTS). These sessions will help you accomplish your definition of success. Spouses, family, friends, and professionals who serve the BI community are welcome AND other communities (ABI, Stroke, Parkinson's, MS, etc.) are welcome too.

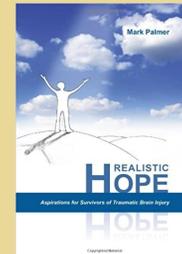
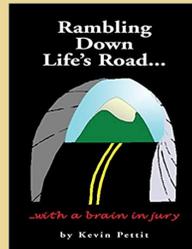
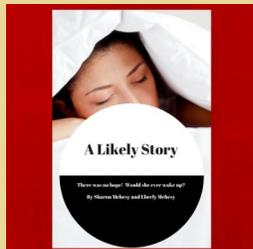
Sessions will be on ZOOM until further notice!

Jan. 14

1:00 p.m. to 2:30 p.m.
Mountain time

Survivor Series Panel: "Resiliency and Moving from Struggle to Thriving"

Many ask, after a brain injury, "What now? What's next? What can I do with my life? What kind of work and life is in the cards for me at this time? What are others doing with their lives after Brain Injury? Join your peers who have created success and wish to share what they have created and how they did it, AND for inspiration and best practices for creating a life filled with well-being, positivity, re-emergency and resiliency. Our panelists include Sharon Mehesy, Kevin Pettit, Maggie Whittum, Kevin Thompson, Mark Palmer, and Jose Reyes.



REGISTER BY MAIL: *(mailing address only)*

Brain Injury Hope Foundation
6732 West Coal Mine Avenue
Suite 227, Littleton, CO 80123

PLEASE REGISTER ONLINE AT
www.braininjuryhopefoundation.org

QUESTIONS? Contact Joanne Cohen at: (720)389-0670 ext. 2

TIME ZONES: Please check your time zone

12 noon—1:30 pm Pacific
1 pm—2:30 pm Mountain
2 pm—3:30 pm Central
3 pm—4:30 pm Eastern

**TECHNICAL QUESTIONS, Text Gayann Brandenburg at
303-349-4058**

PLEASE REGISTER ME FOR JANUARY 14, 2022
Register by January 11, 2022—Attendance Limited to 100

Due to time constraints you will NOT be enrolled if you attempt to register on January 14th—the day of this event.

Registration is Grant/Donation-funded so there is no cost to participants.

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: _____

Email: _____

Please be sure to provide an email address to receive an email confirmation/reminder of your registration a few days before event.

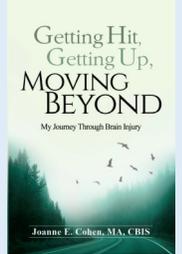
The 2022 BI Survivor Series



Your Host/Panel Facilitator: Joanne Cohen, M.A., CBIS/Vice-President of the Brain Injury Hope Foundation and Managing Partner, CTAT, LLC

Joanne was in a car accident in 1992 while vacationing in the Bahamas. Her life was forever changed. She was unable to walk and a year later she discovered many of her personal challenges were due to a traumatic brain injury (TBI). Joanne has overcome many obstacles and has exceeded her medical diagnosis, leading to a remarkable and inspirational story and recovery, then and again in 2014 and 2019.

Joanne published her first book in June, 2019, *Getting Hit, Getting Up, Moving Beyond: My Journey Through Brain Injury*, a compelling story of her challenges as she faced sequential “hits” and how she handled adversity with resilience time after time. She depicts the path to “moving beyond” and create a full life that includes tools to do so, many that can now be used as we are all “hit” with the Covid-19 crisis. Her book is available at Amazon.com or BarnesandNoble.com



Save the DATES!

Feb 11, 2022
March 11, 2022
April—no class
May 13, 2022
June 10, 2022
July 8, 2022
August 12, 2022
September TBD
October 14, 2022

Upper Tier Sponsors: Dr. Steve and Debbie Cohen

Thank you to many in our BI Community who also made generous donations.

We are looking for additional sponsors for 2022. Please contact a BIHF board member if you have any ideas!

Registration is grant funded and at no cost to participants. If you do not have a computer with a camera, you can call in. All who register will receive a ZOOM invitation a few days prior to the event.

All sessions are the second Friday of each month 1 pm—2:30 pm Mountain time. The 2022 registration for January only is available online now. If you do not receive our emails for the Survivor Series, please email BIHF at info@braininjuryhopefoundation.org.

Feb 11

Care Partner Panel: Strategies to Support Brain Injury Survivors and Yourself!

Join our panelists who have first-hand knowledge of caregiving a loved one. They will lovingly share their insights, up's and downs, perspectives and best practices to support loved ones and themselves in the process. Panelists include Iris Reyes (Wife of BI survivor); Michael Olson (Husband of Stroke/ABI Survivor); Michelle Coe (Mother of BI Survivor) and another panelist, TBD. Please join us for this insightful and inspirational session!

Mar 11

Hearing Sensitivities and Tinnitus

Join a panel of experts to learn more about how brain injury can impact your hearing in addition to those who may have issues with Hyperacusis (sound sensitivity) and/or Tinnitus. You will also learn about noise dampening ear filters and how that helps people be able to go to restaurants, family gatherings, movies, the grocery store, etc. and be able to block out environmental noise but still hear conversational speech.