



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!

 <https://www.braininjuryhopefoundation.org/events/>

May 13

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

Mental Health Panel: Promoting Well-Being for Individuals with Brain Injuries

Join a panel of mental health professionals to discuss how brain injury impacts our mental health and well-being. Panelists will review common mental health diagnoses and treatment options. Panelists include: Gregg L. Grossman, Ph.D., CBLC, LBC, Biblical Life Coach, Life Break Through Coach, Author: Times of Perseverance, Hope and Healing on the Battlefields of Life., BI Survivor; Lucia Valdez, MSW, CBIS, Program Manager, and Susan Brown, LPC, MA, CBIS, both with Clinical Services, Brain Injury Alliance of Colorado (BIAC); Others, TBD.



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 MAY 13, 2022
Register by May 9, 2022—Attendance Limited to 100

Due to time constraints you will NOT be enrolled if you attempt to register on May 13 —the day of this event.

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

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: _____

Email: _____

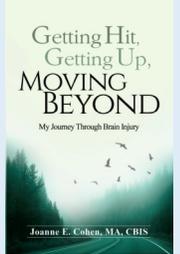
Please be sure to provide an email address to receive an email confirmation/reminder of your registration a few days before event.

The 2022 BI Survivor Series

Your Host/Panel Facilitator: **Joanne Cohen, M.A., CBIS/Vice-President of the Brain**

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!

April—NO CLASS

May 13, 2022

June 10, 2022

July 8, 2022

August 12, 2022

September 9, 2022

October 14, 2022

Upper Tier Sponsors: Dr. Steve and Debbie Cohen, Centennial Rotary Club, and MINDSOURCE—Brain Injury Network.

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 (except September). The 2022 registration for events through July is available online now. If you do not receive our emails for the Survivor Series, please email BIHF at info@braininjuryhopefoundation.org.

June 10

Brain Injury Treatment Panel: Options for Continued Recovery Join us for this informative panel discussion. Presenters will discuss a variety of treatments for individuals who have experienced a brain injury, (Traumatic or Acquired.) Panelists: Sarah Thompson, MM, MT-BT, CBIS, CDP (Music Therapy); Carli Rossi, MHA, LCSW, Clinical Social Worker, (Neurosciences & Stroke Program at Saint Anthony Hospital); Danielle Neva Meyer, DSS, BSP, (Brainspotting and Concussion Recovery); Kristi Staniszewski, PT, Co-Owner, OTPlus, Inc. (home and community physical, occupational and Speech therapy. Sponsored by MINDSOURCE-Brain Injury Network.

July 8

COVID and the Impact on Our Brains: Join Dr. Mary Ann Keatley, Ph.D., CCC, Co-Founder of the Brain Injury Hope Foundation and our panel to talk about brain-related symptoms following COVID-19 and Long Haulers syndrome. We will discuss the effects of COVID on individuals who suffered previous TBI's. Symptoms, diagnostic evaluations, and possible treatments will be part of our conversation. Because this is a relatively new area in the field of rehabilitation medicine, we welcome individuals who have experienced this virus and would like to share what they have learned in their healing process. “Knowledge is power. Knowledge shared is power multiplied.” (Robert Boyce). Together we can light the candle for others to find their way.

Register at <https://www.braininjuryhopefoundation.org/online-registration/>