



The 2024 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/>

Jan. 12

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

Brain Injury (BI) Survivor to Thriver Panel: How to Live in a BI World and have Joy in Your Life

Join our panelists who have first-hand knowledge and lived experience in the BI world. 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? Our panelists will share what they have created and how they did it, AND best practices for creating a life filled with well-being, positivity, joy, and resiliency. They will share their stories about reinventing themselves, their experiences with treatments and the techniques they use for staying organized, allocating energy and dealing with memory loss. Panelists include Trevor Jones, Mary Elaine Harris, and Melanie Arthur. Please join us for this insightful session!

PLEASE REGISTER ONLINE AT
www.braininjuryhopefoundation.org

Please register by January 10th, 2024

Registration is donation-funded so there is 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.

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

QUESTIONS? Contact Joanne Cohen at: (720)389-0670 ext. 2 **TECHNICAL QUESTIONS on day of event? Text Gayann Brandenburg at 303-349-4058 before the event.**

SPONSORS

Upper Tier Sponsors: Dr. Steve and Debbie Cohen, Dr. Danny Mistry, MINDSOURCE, and thank you to many in our BI Community who also made generous donations.

We are looking for additional sponsors for 2024. Please contact a BIHF board member if you have any ideas!

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

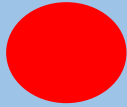
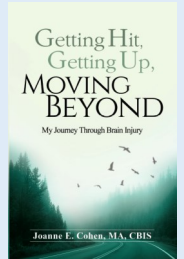
The 2024 BI Survivor Series



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!

February 9, 2024

June 14, 2024

March 8, 2024

August 9, 2024

April 12, 2024

Sept. 13, 2024

May 10, 2024

October 11, 2024

Feb 9

Addressing Brain Injury, Mental Health and Substance Use Disorder (Addiction)

Join Gayann Brandenburg, Volunteer President of The Brain Injury Hope Foundation for an important topic and issue that many individuals in the brain injury community face—mental health and addiction issues. A panel of experts will address the many facets of this topic, including resources that will lend support and help. Sponsored by MINDSOURCE-Brain Injury Network.

Mar 8

Integrated Approach to Diagnose and Treat Concussive Brain Injury

Dr. Danny Mistry, MD, ATC of the Aasha Clinic in Ft. Collins, CO; Dr. Mary Ann Keatley, Ph.D., CCC and co-Founder of the Brain Injury Hope Foundation; and Dr. Jan Lemmon, Ph.D., Neuropsychologist are well known in the Brain Injury field and have helped thousands of people with brain injury in their long careers. Please join these esteemed panelists as they discuss integrated approaches to diagnose and treat concussive brain injury.

April 12

A Guide to Cyber Security for Brain Injury Survivors

Cyber Security is a critical and necessary issue for all of us to address. Join author of RELAX: A Guide to True Cyber Security, Ken Fanger MBA, CMMC-RP, On Technology Partners and member of the National Guard Cyber Reserve and Marguerite Chan the Chief Experience Officer of Integrative IT. The panelists will teach you how to protect yourself from scammers and hackers and provide valuable insights into a topic that is relevant today and in the future. Real stories and SIMPLE WAYS and steps to protect your email and personal information will help you relax and feel safe. By sharing their personal journeys related to the vulnerability of having cognitive challenges that occur through TBI and other neurological issues, they will help the audience gain knowledge and information on cyber security.

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