



# The 2025 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.

Go to <https://www.braininjuryhopefoundation.org/events/> to register.

**March 14**

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

## Organizing Your Life with a Brain Injury

Many of you asked for this topic. Tamara Lutz (Organizer Extraordinaire!) and Joanne Cohen will discuss the following:

- WHY is it important for a BI survivors to organize their lives?
- Tips for organizing your life after brain injury
- Learn about expert Marie Kondo and her KonMarie Method TM
- Approaching decluttering/decluttering your home
- How to break tasks into smaller pieces
- Your questions via chat and open mic—Q&A

**PLEASE REGISTER PRIOR TO MARCH 13TH AS WE CANNOT GUARANTEE SENDING ZOOM LINK ON THE DAY OF OUR PROGRAM. YOU WILL GET A CONFIRMATION AND LINK IMMEDIATELY AFTER REGISTERING.**

PLEASE REGISTER ONLINE AT  
[www.braininjuryhopefoundation.org](http://www.braininjuryhopefoundation.org)  
Please register by March 12, 2025

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 confirmation with zoom link immediately after registering and an email reminder with the zoom link a few days prior to the event. Please login early to prevent last minute issues!

**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

Registration questions? Contact Joanne Cohen at: (303) 704-9861. **TECHNICAL QUESTIONS on day of event? Email Gayann at [gbrandenburg@braininjuryhopefoundation.org](mailto:gbrandenburg@braininjuryhopefoundation.org) before the event.**

## SPONSORS

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

**We are looking for additional sponsors and grants to support the Survivor Series.** 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](mailto:info@braininjuryhopefoundation.org).

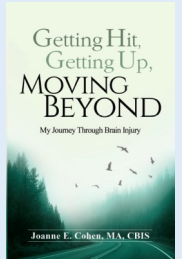
## The 2025 BI Survivor Series



**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!**

March 14, 2025

June 13, 2025

Sept 12, 2025

April 11, 2025

NO JULY

Oct 10, 2025

May 9, 2025

Aug 8, 2025

**April 11**

### **Family Dynamics and Your Brain Injury**

A brain injury can impact interactions with relatives resulting in positive or negative changes in communication and emotional, physical, and/or financial support. We will explore ideas that will help BI Survivors and family members communicate and understand how to support each other after a brain injury. Panelists include Dr. Jose Reyes and Iris Reyes; Deb and Len Finegold; Rita Coalson; and Olivia Kunevicius.

**May 9**

### **Brain Injury Treatment Panel: Experts Who Care!**

Please join us for this panel of experts who will share at a deep level the tools they use to lend support to people with brain injuries. Panelists: Dr. Nancy Bonifer, Noelle Mitchell and Patty Tashiro.

**June 13**

### **Rewiring Your Brain Through Mindfulness, Yoga, Meditation, and Community**

Join Love Your Brain to look at how we respond to stress and learn tools to get back into balance. When we are in balance, our body, mind, and spirit all work together to create a harmonious internal sense of being. By promoting your brain reserves through physical and spiritual fitness, you can bring your life back into balance. Come join us to acquire additional tools for your toolbox and more joy in your life.

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