Program Sessions 2019

8:15 am – 9:15 am  Registration

8:30 am – 9:30 am  Brain Injury 101
Pre-seminar session for individuals and families recently impacted by brain injury or years post-injury with unanswered questions.

9:30 am – 9:45 am  Welcome

9:45 am – 10:45 am  Understanding and Coping with Sensory Overwhelm
Learn how your thoughts, actions, beliefs and experience of sensations are related, and ways to cope when sights, sounds, smells, tastes and textures feel like too much.

10:45 am – 11:00 am  Break with Exhibitors

11:00 am – 11:45 am  Breakout Sessions

- What is Neuropsychology?
Discover how a neuropsychological evaluation can be beneficial for you or a loved one.

- Brain Injury and Depression
How brain injury correlates to depression, options for treatment and recommendations for coping skills.

11:45 am – 12:30 pm  Lunch

12:30 pm – 1:15 pm  Improving Memory and Other Thinking Skills After Brain Injury
Suggestions for working on memory in the home and community settings.

1:15 pm – 1:30 pm  Break with Exhibitors

1:30 pm – 3:00 pm  Breakout Sessions

- Moving Forward – Developing Your Winning Team
Identify natural supports and assistance within your community to help you reach your goals.

- Exercising Your Brain
Join us for a fun activity that teaches movements to assist with concentration and cognition.

3:00 pm – 4:00 pm  Let’s Talk
Facilitated discussions to encourage sharing of experiences of life with brain injury. There will be one group for persons with brain injury and one for family and friends.

REGISTRATION INFORMATION ON REVERSE SIDE

BRAIN INJURY ASSOCIATION OF MISSOURI
2265 SCHUETZ ROAD, SAINT LOUIS, MISSOURI 63146-3409
314.426.4024 ♦ 1.800.444.6443 ♦ Fax: 314.426.3290 ♦ www.biamo.org
Facebook: www.facebook.com/BIA.MISSOURI ♦ Twitter: twitter.com/BIA_Missouri

SOUTHWEST
March 23, 2019
Catherine McAuley Center
Merck Hospital Springfield
1235 E. Cherokee,
Springfield, MO 65804

WESTERN
April 13, 2019
Community Center for Health & Education
Saint Joseph Medical Center
1000 Carondelet Drive
Kansas City, MO 64114

EASTERN
October 5, 2019
Marriott St. Louis West
Grand Ballroom
660 Maryville Centre Drive
Saint Louis, MO 63141
Registration Form

No Charge - Registration Required

The BIA-MO Survivor and Family Seminars are organized by local committees comprised of survivors of brain injury, family members and professionals.

Brain Injury Association of Missouri
Survivor and Family Regional Seminars

TO REGISTER: By mail - Brain Injury Association of Missouri, 2265 Schuetz Road, St. Louis, MO 63146
Online - www.biamo.org; By Fax - 314.426.3290; By Phone - 1.800.444.6446.

Unable to attend, but my donation to support the work of BIA-MO is enclosed.

Name: ____________________________________________________________
City/State/Zip: ____________________________________________________
Day Phone: ____________________________ E-mail: _______________________

Dietary Restrictions: ________________________________________________

1. Others attending: ________________________________________________
2. ________________________________________________________________

I/we will attend: ☐ Southwestern - March 23 ☐ Western - April 13 ☐ Eastern - October 5

Survivor and Family Seminar

SOUTHWEST - March 23, 2019 - Springfield
WESTERN - April 13, 2019 - Kansas City
EASTERN - October 5, 2019 - St. Louis

The Brain Injury Association of Missouri (BIA-MO) Survivor and Family Regional Seminars provide helpful information, practical suggestions and support for life with brain injury. The same sessions are presented on all three dates.

SOUTHWEST
March 23, 2019
Catherine McAuley Center
1235 E. Cherokee
Springfield, MO 65804

WESTERN
April 13, 2019
Community Center for Health & Education
St. Joseph Medical Center
1000 Carondelet Drive
Kansas City, MO 64114

EASTERN
October 5, 2019
Marriott St. Louis West
660 Maryville Centre Drive
St. Louis, MO 63141