



# Survivor and Family Seminar

## Same Sessions - Three Locations

### SOUTHWEST

March 23, 2019

Catherine McAuley Center  
Mercy 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

## 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](http://www.biamo.org)  
Facebook: [www.facebook.com/BIA.MISSOURI](http://www.facebook.com/BIA.MISSOURI) ♦ Twitter: [twitter.com/BIA\\_Missouri](http://twitter.com/BIA_Missouri)



Brain Injury Association of Missouri  
 2265 Schuetz Road  
 Saint Louis, Missouri 63146-3409

# Survivor and Family Seminar

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



## Brain Injury Association of Missouri Survivor and Family Regional Seminars

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.

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**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.

TO REGISTER: By mail - Brain Injury Association of Missouri, 2265 Schuetz Road, St. Louis, MO 63146  
 Online - [www.biamo.org](http://www.biamo.org); By Fax - 314.426.3290; By Phone - 1.800.444.6443.

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

Dietary Restrictions: \_\_\_\_\_

Others attending: 1. \_\_\_\_\_

2. \_\_\_\_\_

Day Phone: ( ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_

Name: \_\_\_\_\_

I/We will attend  Southwest - March 23  Western - April 13  Eastern - October 5

**Registration Form — No Charge, but registration is required!**