

# **Survivor and Family Seminar Eastern Missouri**

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

## **Program Sessions 2019**

- 8:15 am – 9:00 am      Registration
- 8:30 am – 9:15 am      *Brain Injury 101*  
Pre-seminar session for individuals and families recently impacted by brain injury or years post-injury with unanswered questions.
- 9:15 am – 9:30 am      Welcome
- 9:30 am – 10:15 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.
- 10:15 am – 10:30 am    Break with Exhibitors
- 10:30 am – 11:30 am    *Survivor Keynote Presentation*  
Featuring Erica Walker, survivor of brain injury, author and filmmaker.
- 11:30 am – 12:45 pm    Awards Luncheon and Visit with Exhibitors
- 12:45 pm – 1:30 pm     Breakout Session  
*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.
- 1:30 pm – 2:15 pm      *Improving Memory and Other Thinking Skills After Brain Injury*  
Suggestions for working on memory in the home and community settings.
- 2:15 pm – 2:30 pm      Exhibit Break and Raffle Prizes
- 2:30 pm – 3:30 pm      Breakout Session  
*Let's Talk - Survivors*  
Facilitated discussion to encourage sharing of experiences of life with brain injury.  
  
*Let's Talk - Family and Friends*  
Facilitated discussion to encourage sharing of experiences of life with brain injury.

## **REGISTRATION INFORMATION ON REVERSE SIDE**



# Survivor and Family Seminar Eastern Missouri

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



## 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.

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

**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  Eastern Missouri Seminar - Oct. 5  Awards Luncheon Only

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