



Survivor and Family Seminar

Same Sessions - Three Locations

SOUTHWEST
May 13, 2023

Catherine McAuley Center
Mercy Hospital Springfield
1235 E. Cherokee,
Springfield, MO 65804

WESTERN
June 3, 2023

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

EASTERN
October 21, 2023

Marriott West St. Louis
660 Maryville Centre Drive
St. Louis, MO 63141

Program Sessions 2023

- 8:00 am – 9:15 am Registration
- 8:15 am – 9:00 am **Brain Injury 101**
Pre-seminar session for individuals and families recently impacted by brain injury or years post-injury with unanswered questions.
- 9:00 am – 9:15 am Welcome
- 9:15 am – 10:00 am **Managing Emotions, Actions and Decisions Following Brain Injury**
Discuss techniques to identify triggers, manage actions, and think-through options to control outbursts, impulses and decisions.
- 10:00 am – 10:15 am Break with Exhibitors
- 10:15 am – 11:00 am **Balancing Schedules, Demands and Stress of Life with Brain Injury**
Learn ways to manage needs of self and others.
- 11:00 am – 11:15 am Break with Exhibitors
- 11:15 am – 12:00 pm Breakout Session
On the Road Again - Transportation Options
Learn what is needed to drive again. Discuss public, private and ride sharing transportation.
- Navigating Medicare, Medicaid, SSI and SSDI**
Learn differences, eligibility and application processes for community support benefits.
- 12:00 pm – 12:45 pm Lunch and Visit with Exhibitors
- 12:45 pm – 1:30 pm **Embracing Your Future**
Discuss steps toward adjusting to new abilities and life with brain injury.
- 1:30 pm – 1:45 pm Break with Exhibitors
- 1:45 pm – 2:30 pm Breakout Session
Working with Brain Injury
Explore ways to find and keep a job you enjoy, secure work accommodations, and have a career while utilizing Social Security Disability.
- Building Relationships and Community Involvement to Reduce Social Isolation**
Discuss ways to build or rebuild positive relationships to participate in activities you enjoy.
- 2:30 pm – 3:15 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