




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.

Sessions will be on ZOOM until further notice!

 <https://www.braininjuryhopefoundation.org/events/>

Jan 10

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

Getting Hit, Getting Up, Moving Beyond: Survivors' Inspirational Stories

Join our 2025 Survivor Roundtable panel discussion facilitated by Joanne Cohen with brain injury (BI) survivors (Panama Yoga, Julie Mankin, Kevin Thompson, Jena Taylor, and Amy Sheber Howard) from our community who have experienced **getting hit** (they will explain how), who **got up** (they will discuss who was on their "dream team" professionally and personally and what it took to get up), and how each has **moved beyond** to create a fulfilling life with a BI. Join us if you would like to feel inspired!

PLEASE REGISTER PRIOR TO JANUARY 10TH AS WE CANNOT GUARANTEE SENDING ZOOM LINK ON THE DAY OF OUR PROGRAM.

PLEASE REGISTER ONLINE AT

www.braininjuryhopefoundation.org

Please register by January 9, 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 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: (720)

389-0670 ext. 2 **TECHNICAL QUESTIONS on day of event? Email Gayann at gbrandenburg@braininjury**

SPONSORS

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

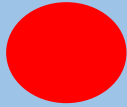
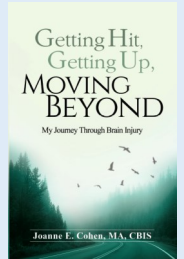
The 2025 BI Survivor Series



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!

January 10, 2025	May 9, 2025	
February 14, 2025	June 13, 2025	Sept 12, 2025
March 14, 2025	NO JULY	Oct 10, 2025
April 11, 2025	Aug 8, 2025	

Feb 14

Fatigue and Brain Injury: What’s New and How to Manage our Lives Better Dr. Mary Ann Keatley, Ph.D., CCC and Co-Founder of The Brain Injury Hope Foundation (BIHF), returns by popular demand. Join us for this updated well researched program and Q&A with Moderator Joanne Cohen, M.A., CBIS and on the BIHF Board. So many BI survivors experience cognitive fatigue after one or more BI’s. Dr. Keatley will give us an understanding of some causes of mental fatigue, sleep disorders, and tools to deal with the frustrating aftermath of BI.

Mar 14

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

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.

Speakers TBD

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