



Brain Health & Wellness

A PROGRAM OF BIAWA

New Classes for
Fall 2018 in
SEATTLE!

SEPTEMBER - DECEMBER 2018

CLASS CATALOG



SWEDISH

Brain Injury Alliance of Washington increases public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy. We serve all Washingtonians affected by Brain Injury including survivors, caregivers, and family members.

**For more information contact us at 206-467-4800 , or
call the Washington Brain Injury Resource Center at
1-877-982-4292 or visit www.biawa.org.**



**Brain Injury
Alliance
WASHINGTON**

Table of Contents

About BIAWA & Brain Health & Wellness	3
Registration	4
Holidays	4
Class Information	5 - 6
Site Location	7
Class Calendar	8 - 11
Notes	12 -14
Additional BIAWA Programs	15
Upcoming BIAWA Events	Back Cover

Brain Health & Wellness Partner



SWEDISH

Brain Injury Alliance of Washington

Our **vision** is a world where Brain Injury is prevented, and every person already affected by its impact benefits from resources that maximize their quality of life.

Our **mission** is to increase public awareness, support, and hope for those affected by Brain Injury through education, assistance, and advocacy.

BIAWA works on a daily basis with individuals across Washington on the phone, in-person, and in group settings to enhance Brain Injury survivors' and their loved ones' capacity for the best possible quality of life. BIAWA operates the toll-free Washington Brain Injury Resource Line, provides in-person resource management and clinical care management, offers academic scholarships, and organizes outings for Brain Injury survivors and caregivers throughout the year.

Brain Health & Wellness Program

The BIAWA Brain Health & Wellness Program tailors learning opportunities specifically for individuals affected by Brain Injury and their loved ones. The Brain Health & Wellness Program focuses on classes that support survivor and family member integration. The program offers non-clinical classes such as social skills, organizational skills, relationships and communication skills, as well as a mentoring program, all designed to empower participants and give them the tools to take ownership of their health and well-being.

Registration

Registration is now open! All classes are **free**. Please join us!

Register online

- Go to www.biawa.org/calendar
- Click on the class you want and follow the directions to register.
- You will need an email address to register. If you do not have an email address, please call BIAWA for assistance (206) 467-4800.
- Once you submit your registration, you will receive a confirmation email. You can also print the confirmation page for your records.
- Unless otherwise noted, you must register for each class and session separately.

You can also call us at (206) 467-4800 to help you register.

Holidays

We will be closed for the following holidays. No classes will be held on these days:

- Monday, September 3rd Labor Day
- Monday, October 8th Indigenous People's Day
- Monday, November 12th Veterans day
- Thursday & Friday November 22nd & 23rd Thanksgiving
- Tuesday, December 25th Christmas

Fall Classes

Core Stability after Brain Injury

Strengthening your core can improve your posture, balance, and mobility, all of which can be effected by brain injury. In this practical class learn what and where your core is, and how to use it. You will leave class with a basic core stabilization program that you can perform at home and incorporate easily into your day. Come dressed and prepared to move!

Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Tuesdays: September 11th & November 13th, 2018 1:00 - 2:00 pm

Facilitated by: Marguerite DeVinney, Physical Therapist

Compensatory Strategies for Memory

One major side effect of life after brain injury is memory difficulties. Compensatory strategies are often used to help complete tasks in a new way and can facilitate a greater level of independence for a person who is experiencing memory changes. In this class, you will review internal and external strategies that may be useful to provide the necessary supports, structure, and organization to adapt to these new memory changes.

Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Wednesdays: September 12th & November 14th, 2018. 3:00 - 4:00 pm

Facilitated by: Michelle Scheff, CCC-SLP, Speech-Language Pathologist

Fall Classes

Mindfulness after Brain Injury

Stress and anxiety are common after brain injury. In this class, you will learn and practice mindfulness and relaxation techniques to help lower stress, decrease anxiety, and improve the function of your brain.

Swedish Cherry Hill - Outpatient Rehabilitation Clinic

Tuesdays: October 9th & December 11th, 2018. 1:00 - 2:00 pm

Facilitated by: Marguerite DeVinney, Physical Therapist

"Plan-Do-Review": Tools for Approaching Big and Small Projects

There are a number of life changes that happen after Brain Injury. Tasks that may have been routine before, now seem overwhelming because organization, planning, and problem solving skills are often impacted. This class will review tools to break tasks into manageable pieces, track progress, and troubleshoot challenges.

Swedish Cherry Hill - Outpatient Rehabilitation Clinic

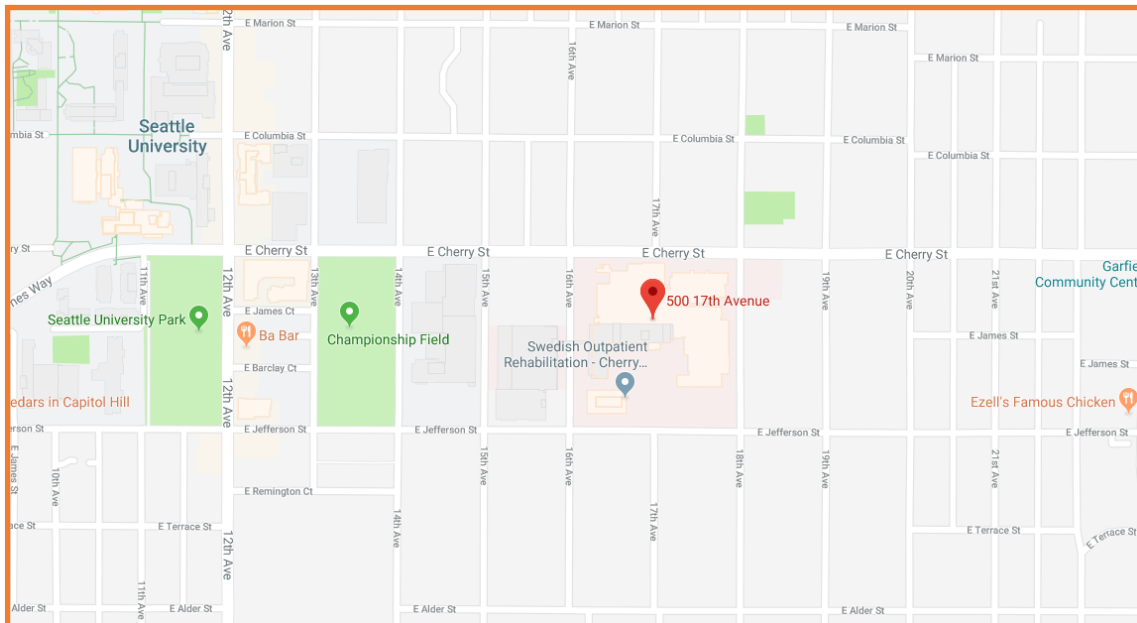
Wednesdays: October 10th & December 12th, 2018. 3:00 - 4:00 pm

Facilitated by: Michelle Scheff, CCC-SLP, Speech-Language Pathologist

Site Location Swedish Cherry Hill Campus

500 17th Ave
Seattle WA 98122

Accessible by bus: #3, #4, #63, #64, #193, #303



Brain Health & Wellness Instructors

If you are interested in teaching a class in our Brain Health & Wellness Program, you can call our office at (206) 467-4800 or email admin@biawa.org to request an instructor interest form.

Not seeing the class you want?

If you have an idea for a new Brain Health & Wellness class, call us at (206) 467-4800 or email us at admin@biawa.org.

September 2018

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Labor Day				
10	11 Core Stability 1-2 pm (Pg. 5)	12 Memory 3-4 pm (Pg. 5)	13	14
17	18	19	20	21
24	25	26	27	28

October 2018

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8 Indigenous People's Day	9 Mindfulness 1-2 pm (Pg. 6)	10 "Plan-Do-Review" 3-4 pm (Pg. 6)	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

November 2018

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13 Veterans Day Core Stability 1-2 pm (Pg. 5)	14 Memory 3-4 pm (Pg. 5)	15	16
19	20	21	22 Thanksgiving	23 Thanksgiving
26	27	28	29	30

December 2018

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11 Mindfulness 1-2 pm (Pg. 6)	12 "Plan-Do-Review" 3-4 pm (Pg. 6)	13	14
17	18	19	20	21
24	25 Christmas Day	26	27	28
31				

Notes

Notes

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BIAWA Resource Center Programs

Resource Line

The toll-free Resource Line provides direct 1:1 support throughout Washington state for individuals with Brain Injury, caregivers, loved ones, and professionals. Our trained Resource Line Specialists will help you locate the appropriate supports throughout your recovery including medical providers, legal representation, and community support, including community agencies and support groups. The Resource Line is available Monday through Friday 9:00 a.m. to 5:00 p.m. by calling (877) 982-4292.

Resource Management

Resource Management is offered to individuals with Brain Injury, their families and caregivers. We provide clients with the option of over-the-phone or in-person assistance. Resource Managers help connect people to resources and support in their communities while working toward individualized, identified goals. Call the Washington Brain Injury Resource Center 877-982-4292 to find out how Resource Management can benefit you.

Pediatric Resource Management

Individualized assistance for clients and families is designed to seek out and manage resources that meet the needs of children and youth while enhancing the caregiving capabilities of families, resulting in success in their schools and communities. Pediatric Resource Managers develop short and long-term intervention strategies to support Brain Injury patients and their families with reintegration into their homes, schools, and communities during and subsequent to the child's hospital discharge process.

Social Engagement Opportunities

BIAWA recognizes the value of social engagement in enriching the quality of life for individuals with Brain Injury and their families. We provide numerous activities throughout the year including trips to the Annual Art Show, dinners, and sporting events. For more information on upcoming events, please visit our calendar at www.biawa.org/calendar

To learn more, go to our website at www.biawa.org
or call our Resource Center at 1-877-982-4292.

SAVE THE DATE!

Join BIAWA For These Upcoming Events

September 12th - Northwest Trek, Eatonville

September 18th - Lagunita's Beer Fundraiser, Seattle

November 3rd - Brain Injury Gala, Seattle

Check our online calendar for new classes!

BIAWA continually adds new classes to our online calendar for the upcoming quarters. You can see the latest learning opportunities online at:

Biawa.org/calendar



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