



Brain Health & Wellness™

A PROGRAM OF BIAWA

WINTER 2021 JANUARY — APRIL CLASS CATALOG



SWEDISH



UNIVERSITY OF WASHINGTON

TRAUMATIC BRAIN INJURY
MODEL SYSTEM

PATIENT CARE • RESEARCH • EDUCATION & TRAINING

MultiCare 

Good Samaritan Hospital

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,
call the Washington Brain Injury Resource Center at
877-982-4292, or visit www.biawa.org.**



Brain Injury
Alliance
WASHINGTON

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Brain Health & Wellness Partners:



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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 the quality of life of survivors of Brain Injury and their loved ones. 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 survivors of Brain Injury and their 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 to enhance social skills, organizational skills, relationships and communicating, as well as a mentoring program. Classes are 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**. All classes are taking place VIRTUALLY ONLY. You must register to get the information to connect to the class on Zoom.

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 at (206) 467-4800.
- Once you submit your registration, you will receive a confirmation email.
- Unless otherwise noted, you must register for each class and session separately.

You can also call us at (206) 467-4800 for help with registration.

Holidays

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

- Friday, January 1st New Years Day
- Monday, January 18th Martin Luther King, Jr. Day
- Monday, February 15th Presidents' Day

Get Organized!

Do you need to learn strategies to file your paperwork, do the laundry, or organize your home? Get the tools you need to Get Organized!

Lauren Williams is a professional organizer who specializes in homes, home offices, and small offices by assisting others in the moment that will help you get structured. Lauren's excellent sense of humor makes this class fun while you learn tips to deal with all your stuff!

Tuesday, January 5th. 11:30 AM — 12:30 PM

Facilitated by: Lauren Williams, Owner of Casual Uncluttering LLC

Modified Gentle Yoga for Brain Injury

Learn about the benefits and practice of Mindfulness-Based Stress Reduction combined with gentle yoga for improved recovery. Basic diaphragmatic breathing exercises, guided relaxation, and basic meditation practice will be offered. Whether you require modifications or use of props to assist with balance, alignment, and posture this class is designed for the beginner. We will practice breathing exercises and you will discover the benefits of yoga after Brain injury. For the yoga sequences, we will practice in bare feet, but you are welcome to wear braces or supports if you need them!

Wednesdays: January 6th, February 3rd, March 3rd, and April 7th. 10:30 — 11:30 AM

Facilitated by: Judith Thierry, RYT 200

Relationship Balance

Most people who live with a Traumatic Brain Injury have experienced some form of trauma. This can create behaviors like: neediness, clinging, suspicion, and fear of losing a relationship. This class will focus on finding balance in relationships post Brain Injury. Learn to give your partner space, enjoy activities with self, communicate in a calm and non-aggressive way, and give/feel support in a new way!

Tuesday, January 12th. 10:00 — 11:00 AM

Facilitated by: Maria Dalbotten, Brain Injury Survivor, LMHC

Physical Therapy's Role in Management after Concussion

A concussion is a mild Brain Injury caused by a sudden blow or jolt to the head. Many people recover relatively quickly after concussion after a brief period of rest and gradual return to activity. Patients with ongoing symptoms may benefit from seeing a Physical Therapist with expertise in concussion to help them safely return to their daily activities, school, work, exercise, or sport. Physical Therapists have role in the evaluation and treatment of 4 different areas after concussion:

1. Neck problems
2. Problems with the vestibular (inner ear) and ocular (eye) systems
3. Problems tolerating exercise
4. Problems with balance and coordination

In this class, we will review the role of the Physical Therapist in evaluating and treating these different areas after concussion and the most up to date research and guidelines.

Wednesday, January 13th. 11:00 AM — 12:00 PM

Facilitated by: Becky Hansen, PT, NCS

Relaxation and Mindfulness Practices after Brain Injury

Pain is common after TBI. Managing pain typically requires more than one strategy or treatment. While some people benefit from medication, others need to include exercise and other approaches too. One strategy that is recommended to manage pain is learning how to relax. This class will explore how the mind and body work together during pain and how relaxation can help. It will provide you with some tips on developing a relaxation practice, such as mindfulness meditation or imagery, and end with a short relaxation practice.

Wednesday, February 10th. 11:00 AM — 12:00 PM

Facilitated by: Mary Curran, MSW, LICSW

Getting Back on Track with Romantic Relationships after Traumatic Brain Injury

This is a class for TBI survivors and/or their partner in loving relationships, couples or just dating. We'll dive into the behaviors that may create challenges in relationships after trauma, and explore tools to manage them so that you can enjoy your relationships post TBI. Thursday, February 18th. 11:00 AM — 12:00 PM

Facilitated by: Maria Dalbotten, Brain Injury Survivor, LMHC

Discover Your Authentic Self: Re-Frame Your Life Story for an Empowering Personal Identity

As a Certified Life Coach, Anita helps people re-frame their thinking and clarify their core values. The power to live consciously and truly be who you are is a choice. Join us for this virtual class on Identity.

Wednesday, February 24th. 10:30 — 11:30 AM

Facilitated by: Anita Chin, Certified Life Coach

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.

Tuesday, March 9th. 1:00 — 2:00 PM

Facilitated by: Marguerite DeVinney, Physical Therapist

Advocacy

Having a visible or invisible disability inevitably leads to situations where people make incorrect assumptions about you. It's reasonable to feel the need to correct people, but how do you defend yourself against something that's only been implied? How do you decide when to say something and when to ignore? In this class, we'll seek to answer these questions and discuss strategies for how to handle situations we can anticipate as well as unexpected questions from strangers.

It can be empowering to anticipate and plan for situations where you need to stand up for yourself. It takes time and practice to get good at doing this but when you are successful at helping people see you in a different way, it can build your self-esteem and confidence. Self-advocacy is a skill that can help you with friends, family, acquaintances, care providers and "gatekeepers." Come with questions or situations you want to strategize for!

Wednesday, March 10th. 11:00 AM — 12:30 PM

Facilitated by: Silas James, MPA

Building Emotional Awareness: Be in the Moment and Know When to Pause

Join Anita Chin, Certified Life Coach, as she shares how you can change your mindset to manage emotions, pause effectively, and allow more time for self-reflection.

Monday, March 29th. 11:00 AM — 12:00 PM

Facilitated by: Anita Chin, Certified Life Coach

"Ask Lori": Q&A on Relationship Challenges after Brain Injury

This class is for all couples with a partner who has had a Brain Injury. Lori Weisman is a Licensed Mental Health Counselor with decades of experience working with couples to rebuild their lives in the wake of a Brain Injury. Research has shown that couples wait an average of six years from the first sign of problems to get help. Getting help sooner will help you build and sustain a loving relationship and will support recovery. In this special Q&A session, couples will have the opportunity to "Ask Lori" about the challenges they are currently facing and learn strategies to strengthen their relationship.

Thursday, April 8th. 3:30 — 5:00 PM

Facilitated by: Lori Weisman, MA, LMHC

Acupuncture after Brain Injury

Life after a brain injury can be challenging. Acupuncture may be an option to help improve your quality of life. In this class, we will cover the fundamentals of acupuncture, resources to locate a practitioner, and what to expect from your visits.

Wednesday April 14th 2021. 11:00 - 12:00 PM

Facilitated by: Mark David Sodders, DAOM

Assessing Research: A Quick Guide

Today we are constantly being bombarded with advertisements, treatments, hype diets etc... What can you trust? What is true? Learn some basic rules on how to assess research before you waste your time, money, and/or health.

Thursday, April 22nd. 5:00 — 6:00 PM

Facilitated by: Michelle Olson Steele, MS-SLP, Speech Language Pathologist & Branden Olson Steele, MS, Pre-Doctoral Research Associate

Resolving Inner Conflict: Move from Self-Doubt to Self-Acceptance

Join Anita Chin, Certified Life Coach, as she shares how you can strengthen your confidence and adjust your thoughts to overcome fears and achieve greater psychological well-being.

Wednesday, April 28th. 10:00 — 11:00 AM

Facilitated by: Anita Chin, Certified Life Coach

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 New Years Day
4	5 Get Organized! 11:30 am—12:30 pm	6 Modified Gentle Yoga 10:30-11:30 am	7	8
11	12 Relationship Balance 10-11 am	13 Physical Therapy Role 11 am—12 pm	14	15
18 Martin Luther King, Jr Day	19	20	21	22
25	26	27	28	29

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Modified Gentle Yoga 10:30-11:30 am	4	5
8	9	10 Relaxation and Mindfulness 11 am—12 pm	11	12
Presidents' Day	16	17	18 Relationship Balance 11 am-12 pm	19
22	23	24 Discover Your Authentic Self 10:30—11:30 am	25	26

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Modified Gentle Yoga 10:30-11:30 am	4	5
8	9 Mindfulness after Brain Injury 1-2 pm	10	11	12
15	16	17	18	19
22	23	24	25	26
29 Building Emotional Awareness 11 am—12 pm	30	31		

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7 Modified Gentle Yoga 10:30-11:30 am	8 “Ask Lori” Relationship Challenges 3:30-5 pm	9
12	13	14 Advocacy 11am-12:30 pm	15	16
19	20	21	22 Assessing Research 5-6 pm	23
26	27	28 Resolving Inner Conflict 10-11 am	29	30

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-Friday 9 am to 5 pm by calling **877-982-4292**.

Resource Management

Resource Management is offered to individuals with Brain Injury, their family members, 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 at **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

SAVE THE DATE!

Join BIAWA For Our Upcoming Events

March: Brain Injury Awareness Month

Check out our online calendar!

Our online calendar is a great way to stay updated on all things happening at BIAWA and the Brain Injury Community! It lists all upcoming Brain Health & Wellness classes, Support Groups throughout the entire state of Washington, upcoming social engagement outings, and conferences.

biawa.org/calendar



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Notes



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