

Every person living with Brain Injury deserves the highest quality of life.

Let The Brain Injury Alliance of Washington help.



## Adult Brain Injury Support Services

# Learn More Care More.



**Brain Injury**  
Alliance  
**WASHINGTON**

WA Brain Injury Resource Center  
1-877-982-4292  
9:00am - 5:00pm M-F

biawa.org  
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P.O. Box 3044, Seattle, WA 98114



**Brain Injury**  
Alliance  
**WASHINGTON**

www.biawa.org

## If you or someone you love suffers from a brain injury, you are not alone.

Brain Injury Alliance of Washington is here to help you navigate this sometimes overwhelming path.

We do this for people of all ages through:

- Our toll-free Resource Line offering support, information and referrals to quality providers.
- One-to-one DIRECT support for those affected by Brain Injury.
- Help managing the ins and outs of daily life including:
  - Navigating the medical system.
  - Applying for social security.
  - Creating a plan to return to work or school.
  - Accessing legal aid.
  - Working toward personal goals.
  - Planning vocational training.
  - And so much more...
- Our Resource Center is open Monday through Friday from 9:00am-5:00pm.

**1-877-982-4292**

Services of the Resource Center are **free**

## The Brain Injury Alliance of Washington is YOUR community. We are here to connect you.

We know the importance of maintaining social connection throughout this journey and offer a variety of ways to get support to you, including:

- Support groups.
- Health and Wellness Classes on topics ranging from meditation and mindfulness to cognitive success and music therapy.
- Social Events that provide opportunities to connect with other survivors of Brain Injury in a relaxed and supportive atmosphere.

**“I was very discouraged and depressed when I called. Now I feel a glimmer of hope.”**

Learn more about all of our programs at:  
[www.biawa.org](http://www.biawa.org)