



Brain Health & Wellness™

A PROGRAM OF BIAWA

FALL 2021 SEPTEMBER—DECEMBER 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 or
call the Washington Brain Injury Resource Center at
877-982-4292, or visit www.biawa.org.**



Brain Injury
Alliance
WASHINGTON

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 a sense of community for survivors and family members. The program offers non-clinical classes to enhance social and organizational skills, relationships, and communicating. Classes are designed to empower participants and give them the tools to take ownership of their health and well-being. Classes do not prescribe or diagnose, but offer more generalized information and advice.

Registration

Registration is now open! All classes are **free or offered at a greatly reduced cost**. Most classes are taking place VIRTUALLY. 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.

TangoStride

Dance-based walking class for people with mobility challenges. Work on balance, posture and keep moving, whether seated or standing. Partner not required, but could be useful for support if standing -- for safety and fun. This class is offered in-person at Paramount Park in Shoreline. To attend this in-person class, you **MUST** be vaccinated and able to provide proof of COVID-19 vaccination. This is for the safety of our community members and staff.

Thursday September 9th 2021 • 11:00AM - 12:00 PM

Facilitated by: Gabriela Condrea, Teacher & Founder of Tango is About the Connection / TangoStride

Cannabis and TBI: Seeing Through the Haze

With the legalization of marijuana in Washington and many other states over the past decade, access to cannabis has increased dramatically. This class will discuss what we know and what we still don't know about the potential therapeutic and harmful effects of cannabis in people who have experienced a TBI.

Wednesday September 15th 2021 • 1:00PM — 2:00 PM

Facilitated by: Jesse Fann, MD, MPH

Navigating the New Normal and Experiencing the Benefits of Group Coaching

Join Anita Chin, Certified Life Coach, as she guides you through a group coaching session. Clients benefit from peer learning with others as it is often as important as the interaction with the coach. Many clients find the process "less on the spot", giving them more time to reflect and integrate their insights.

Wednesday September 22nd 2021 • 11:00 AM — 12:00PM

Facilitated by: Anita Chin, Certified Life Coach

Storing the Stuff: Organizing Tips and Techniques

Lauren will offer organizing suggestions to her attendees in an informational conversation based on the challenges they mention.

Monday September 27th 2021 • 1:00PM — 2:00 PM

Facilitated by: Lauren Williams, Certified Professional Organizer

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

As a Certified Life Coach, Anita helps people improve self-advocacy skills for individuals with TBI and their caregivers. Learn tools and attributes that can help empower you to get your needs met and be your most successful self.

Wednesday October 6th 2021 • 11:00 AM — 12:00PM

Facilitated by: Anita Chin, Certified Life Coach

Connecting People with Resources and Research after TBI

In this class Megan Moore and Leslie Kempthorne will share some tips and techniques to connect people who have had a TBI with resources and support. They will also discuss potential benefits of participating in research.

Wednesday October 13th 2021 • 1:00PM — 2:00 PM

Facilitated by: Megan Moore, MSW, PhD

Modified Gentle Yoga for Brain Injury

Learn about the benefits and practice of mindfulness-based stress reduction combined with gentle yoga for improved recovery from Brain Injury. Basic diaphragmatic breathing exercises, guided relaxation, and basic meditation practice will be offered. Whether you may 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 benefit of practicing yoga following Brain Injury. Please wear comfortable clothing. For the yoga sequences, we will practice in bare feet, but you are welcome to wear braces or supports if you need them!

Wednesday October 20th 2021 • 11:00 AM — 12:00PM

Facilitated by: Judith Thierry, RYT 200

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 October 26th 2021 • 1:00 PM — 2:00 PM

Modified Gentle Yoga for Brain Injury

Learn about the benefits and practice of mindfulness-based stress reduction combined with gentle yoga for improved recovery from Brain Injury. Basic diaphragmatic breathing exercises, guided relaxation, and basic meditation practice will be offered. Whether you may 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 benefit of practicing yoga following Brain Injury. Please wear comfortable clothing. For the yoga sequences, we will practice in bare feet, but you are welcome to wear braces or supports if you need them!

Wednesday November 3rd 2021 • 11:00 AM — 12:00PM

Facilitated by: Judith Thierry, RYT 200

Navigating DVR

Class will include: Accessing DVR support, the range of services provided, choosing a DVR funded services provider in your community, the employment outlook today, and effective means of getting hired to include employer incentives, and work considerations given disability and Social Security subsidy.

Wednesday November 10th 2021 • 12:00PM - 1:00 PM

Facilitated by: Dr. Robert Fraser, Founder of Neurological Vocational Services

Strengthening Relationships Through Effective Communication

As a Certified Life Coach, Anita helps you learn skills to deepen your connections to others, build greater trust and respect, and your overall social and emotional health. All relationships have ups and downs, but a healthy communication style can make it easier to deal with conflict and build stronger and healthier relationships.

Wednesday November 17th 2021 • 11:00 AM — 12:00PM

Facilitated by: Anita Chin, Certified Life Coach

Brain Anatomy

This class will review the anatomy and blood supply to the brain, as well as how the brain is connected to the rest of the body. We will go over specific areas of the brain and the deficits that arise when that area is damaged. This class will also address common symptoms following a Brain Injury.

Tuesday November 23rd 2021 • 4:30PM - 5:30 PM

Facilitated by: Robert Burke, DPT, Physical Therapist

Modified Gentle Yoga for Brain Injury

Learn about the benefits and practice of mindfulness-based stress reduction combined with gentle yoga for improved recovery from Brain Injury. Basic diaphragmatic breathing exercises, guided relaxation, and basic meditation practice will be offered. Whether you may 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 benefit of practicing yoga following Brain Injury. Please wear comfortable clothing. For the yoga sequences, we will practice in bare feet, but you are welcome to wear braces or supports if you need them!

Wednesday December 1st 2021 • 11:00 AM — 12:00PM

Facilitated by: Judith Thierry, RYT 200

Quick and Easy Cooking at PCC

Join us for a fun, in-person cooking class at the Green Lake Village PCC! You will get to help make three easy, healthy dishes, sample each one as you cook, and leave with copies of those three recipes, plus a bonus to make at home! To attend this in-person class, you **MUST** be vaccinated and able to provide proof of COVID-19 vaccination. This is for the safety of our community members and staff. This class is open to survivors of Brain Injury **ONLY**.

Thursday December 2nd • 11:00 AM — 1:00PM

Facilitated by: PCC Community Market

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 December 8th 11:00 AM — 12:30 PM

Facilitated by: Silas James, MPA

Music and the Brain

Ever wonder why certain songs get stuck in your head? Or why people who stutter can sing smoothly? Or why people with memory loss can remember every word to their favorite song from childhood? Music works differently in the brain than many other neurological tasks and remains resilient throughout injuries and illnesses. Join us to learn why!

Thursday December 16th 2021 • 3:30 PM — 4:30 PM

Facilitated by: Kaylee Allen, Board-Certified Music Therapist

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.

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

August 16th: Tacoma Rainiers Baseball Game

August 29th: Picnic in the Park—Together Again!

September 1st: Seattle Mariners Baseball Game

September 2nd: B.I.G. Golf Tournament

November 6th: B.I.G. 2021 Brain Injury Gala

November 16th—February 11th: BIAWA Art Show

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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