



# Brain Health & Wellness™

A PROGRAM OF BIAWA

## WINTER 2022 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 or  
call the Washington Brain Injury Resource Center at  
877-982-4292, or visit [www.biawa.org](http://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**. All 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](http://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.

*Friday January 7th 2021 • 11:00AM - 12:00 PM*

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

## **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 January 12th 2022 • 11:00AM — 12:00 PM*

Facilitated by: Judith Thierry, RYT 200

## Caregiver Mental Health

Family caregivers represent nearly 20% of the US population, providing care and support to an adult person with chronic illness or disability. Adjusting to disability and providing caregiving support can often feel challenging, and many experience stress, isolation, and burnout. Importantly, especially during the COVID-19 pandemic, caregivers have been at a higher risk of experiencing depression and suicidal thoughts. In this discussion, we will address potential risk factors for caregivers' poor mental health ways to help improve psychosocial wellbeing.

*Friday January 21st 2022 • 11:00AM — 12:00 PM*

Facilitated by: Jon Tsen, UW

## 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.

*Monday February 7th 2022 • 1:00 PM — 2:00PM*

Facilitated by: Marguerite Devinney, Physical Therapist

## **Secondary Loss and Grief**

Grief can be simply defined as the reactions to the loss of a loved one or a relationship. And the loss is not limited to the death, contrary to the common knowledge. Grief reactions can emerge as a result of a loved one's significant illness/injury to impact their daily functionality or lifestyles. And when we grieve, the experience might include many secondary losses, such as the loss of the identity, dreams and goals, joy, faith, etc. This class will be offering definitions of grief, anticipatory grief and secondary losses, common grief reactions, and some tools and strategies to cope with the grief.

*Friday February 11th 2022 • 11:00 AM — 12:00PM*

Facilitated by: Idil Aksoz-Efe, Ph.D

## **Fatigue and Brain Injury**

Fatigue is a common complaint after an acquired brain injury (ABI) and, while it can be partially related directly to the type and severity of brain injury, it is most often perpetuated by deconditioning and lifestyle factors. This class will discuss the mechanisms contributing to fatigue after brain injury and behavioral treatments to help mitigate its impact to improve quality of life.

*Thursday February 17th 2022 • 1:00 PM — 2:00 PM*

Facilitated by: Nickolas Dasher, UW

### Getting Organized with Brain Injury

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

*Wednesday February 23rd 2022 • 11:00AM - 12:00 PM*

Facilitated by: Lauren Williams, Founder of *Casual Uncluttering*

### 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. Learn how to move through emotional triggers and not let them defeat you.

*Wednesday March 9th 2022 • 11:00 AM — 12:00PM*

Facilitated by: Anita Chin, Certified Life Coach

### Creating Joy: Strategies To Lift Your Spirits

Explorations' founder, Janet Novinger, is passionate about the need for respect in personal and professional interactions. She teams with organizations to create environments in which people enjoy giving their best. Join us as she passes along some of her 20 year consultation wisdom regarding joy!

*Tuesday March 14th 2022 • 11:00AM - 12:00 PM*

Facilitated by: Janet Novinger, Founder of *Explorations Consulting*

## **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.

*Wednesday March 23rd 2022 • 5:00 PM — 6:00PM*

Facilitated by: Robert Burke

## **Resolving Inner Conflict: Move From Self-Doubt to Self-Acceptance and Confidence**

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

*Wednesday March 30th 2022 • 11:00 AM — 12:00PM*

Facilitated by: Anita Chin, Certified Life Coach



## Understanding Suicide

Focus on understanding and listening to your mental health. Know what to do when you are feeling depressed and suicidal. Avel works as a crisis responder and will guide us in understanding ways to recognize and address some mental health concerns we may have of ourselves or others.

*Wednesday April 6th 2022 • 11:00 AM — 12:00PM*

Facilitated by: Avel Diaz, BIAWA

## Strength-Based and Person-Centered Goal Setting

Join Anita Chin, Certified Life Coach, as she shares how you can build person-centered independence and design tools to help breakdown and develop attainable goals.

*Wednesday April 13th 2022 • 11:00 AM — 12:00PM*

Facilitated by: Anita Chin, Certified Life Coach

## Basic American Sign Language

Learn to sign some basic signs in American Sign Language! Whether vocalizing is a challenge, you know someone hard-of-hearing, or you're just looking to learn a new skill, we will be learning some critical signs including: help, food, water, and pain.

*Friday April 22nd 2022 • 11:00 AM — 12:00PM*

Facilitated by: Taylor Wood, BIAWA

## Talking to Others About Your Brain Injury

Having a brain injury can be a life changing event, not only for you, but also for the people in your life. At times it can be challenging to talk about your injury. In this class, we will focus on strategies for determining what details to share for different social setting and the people in your life

*Wednesday April 27th 2022 • 11:00 AM — 12:00PM*

Facilitated by: Amy Starosta, UW

Brain Health & Wellness supportive funding provided by:



## 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](http://www.biawa.org/calendar)

# SAVE THE DATE!

## 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](http://biawa.org/calendar)



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