



Brain Health & Wellness

A PROGRAM OF BIAWA

New Classes for
Summer 2017!

MAY - AUGUST 2017
CLASS CATALOG



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY

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 1-877-982-4292, or
call the Washington Brain Injury Resource Center at
1-877-824-1766 or visit www.biawa.org.**



Brain Injury
Alliance
WASHINGTON

Table of Contents

About BIAWA & Brain Health & Wellness	3
Site Location	3
Registration	4
Holidays	4
Class Information	5-10
Class Calendar	12-15
Additional BIAWA Programs	16
Notes	18-19
Upcoming BIAWA Events	Back Cover

Brain Health and Wellness



Verdant Health Commission

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 communicating, 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.

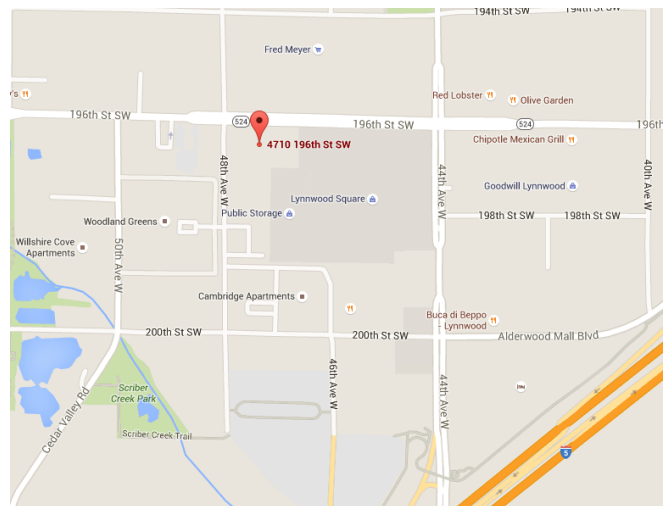
Site Location

Verdant Wellness Center

4710 196th Street SW
Lynnwood, WA 98036

Accessible by Community Transit bus route:

#112, #196, #417



Registration

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

Register online

- Go to www.biawa.org/calendar.php
- 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.
- 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:

- May 29th Memorial Day
- July 3rd & 4th Independence Day

Summer Classes

Collage About it....

Immerse yourself in the use of imagery for self-nourishment and healing. For anyone impacted by injury, illness, or trauma and has experienced fear, anxiety or uncertainty in their healing process, this class will provide you with a way to meet and express those feelings in a safe environment. Each month's topics slightly range, but each will help you through your journey of Brain Injury.

Verdant Wellness Center - Birch Classroom

Thursdays: May 4th, June 1st, July 13th, & August 3^d, 2017. 1:00 - 2:30 pm

Facilitated by: Ginny Rohan

Wellness & Self-Care

Taking care of yourself is one huge step towards recovery. Make the decision every day to think healthy and achieve a fulfilling life after Brain Injury. This class will go over the meaning of self-care and wellness, how it benefits your life, finding what works best for you, and introduces you to mindful breathing exercises. At the end, there will be a hand-out you can take home so you can practice the things you will learn in class.

Verdant Wellness Center - Birch Classroom

Monday: May 8th, 2017. 6:00 - 7:00 pm

Facilitated by: Randi Clark

Summer Classes

Yoga

Take some time for yourself with yoga. Join Janet Novinger, certified yoga instructor, as she teaches techniques for seated yoga and deep breathing. Janet will be available to answer questions about yoga and other places to take yoga lessons in your own community. This class is for anyone interested in yoga, from beginners to experienced practitioners.

Verdant Wellness Center - Birch Classroom

Thursdays: May 11th, May 25th, July 6th, & July 20th, 2017. 12:30 - 2:00 pm

Facilitated by: Janet Novinger, M.A., Owner of Explorations Consulting

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 using their space more effectively. She discusses techniques that are usable in the moment that will help you to get structured. Lauren's excellent sense of humor makes this class fun while you learn tips to deal with all of your stuff.

Verdant Wellness Center - Birch Classroom

Monday: May 15th, 6:00 - 7:00 pm

Facilitated by: Lauren Williams, Owner, Casual Uncluttering, LLC

www.casualuncluttering.com

Summer Classes

Card Making

Time to get crafty! You will have the opportunity to create two fun and adorable cards that you can give to friends or family members during special occasions. There will be many materials that you can try like stamps, alcohol markers, and or watercolor pencils. Everything will be included . There is no need to bring your own material, just show up and enjoy some craft time. *No skills needed!*

Verdant Wellness Center - Birch Classroom

Monday : May 22nd, 2017. 6:00 - 7:00 pm

Facilitated by: Lila Bullis, Owner of Lila's Scrapbooking

Thursday: June 15th, 2017. 1:00 - 2:00 pm

Facilitated by: Gina Mason

Tai Chi

Come learn the basics of Yang Style Tai Chi. Immerse yourself in the gentle process of relaxation - often called meditation in movement. *No experience needed!*

Verdant Wellness Center - Birch Classroom

Mondays: June 5th & 12th, July 10th & 17th, August 7th & 14th, 2017. 7:00 -8:30pm

Thursdays: June 22nd & 29th, 2017. 1:00 - 2:30 pm

Summer Classes

Beginning Gardening

Do you have your first garden and don't know where to start? Are you a regular gardener but worry that you are doing things the hard way?

Richard Greenberg wants to help with this class on Gardening Techniques. He will go over hands-on basics – best tools, best practices, ways to move through the garden, easy improvements to the soil, and how to think about working in, and maintaining, the garden year-round.

Verdant Wellness Center - Birch Classroom

Monday: June 19th, 2017. 7:00 - 8:00 pm

Facilitated by: Richard Greenberg

The Dilemma of Ambiguous Loss and Grief

What is Ambiguous Loss and Grief? This class will help you understand what it means, how it affects you and how it shows up in yourself, in the family and in the community. Once you find out how you can see ambiguous loss you will go through healthy ways to help a grieving heart with self-care, rituals, support systems and much more.

Verdant Wellness Center - Birch Classroom

Monday: June 26th, 2017. 6:00 - 7:00 pm

Facilitated by: Randi Clark

Summer Classes

Creative Writing

Do you find yourself trying to locate meaning from your experience with a Brain Injury? How can your storytelling effect change?

In this class, you will explore how crafting a narrative can positively alter your reality. You will practice easy and fun writing exercises that will ignite your creative mind. As a group, you will read and reflect on short pieces of important literature.

This class is appropriate for all levels. Bring a notepad and your favorite pen!

Verdant Wellness Center, Birch Classroom

Tuesdays: July 11th, 18th, & 25th, & August 1st, 2017. 6:00 - 7:30 pm

Facilitated by: Sarah Kishpaugh

Laughter Yoga

Laughter lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused and alert. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for enhancing relationships and supporting both physical and emotional health. Deep breathing exercises and guided meditation enhance the experience.

Come laugh like you have never laughed before! No experience or equipment necessary. Please dress in loose clothing that you can move around in.

Verdant Wellness Center - Birch Classroom

Mondays: July 24th & 31st, August 21st & 28th, 2017. 6:00 - 7:00 pm

Facilitated by: Randee Young

Summer Classes

Why Marriages Succeed After Brain Injury

This two-part class is for ALL couples with a partner who has had a traumatic 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.

- Have you had roles change in your relationship?
- Do you feel like you don't know who your partner is anymore?
- Do you have difficulty communicating?
- Do you notice your partner having more symptoms when stressed?
- Is your partner suffering from fatigue?

If you answered yes to any of these questions, this class will give you the tools to strengthen your relationship.

Verdant Wellness Center - Birch Classroom

Friday: July 28th 2017. 12:00 - 2:00 pm

Facilitated by: Lori Weisman, MA, LMHC

Quick & Healthy Cooking Class



Friday August 25th, 2017

1:00 - 2:30 pm

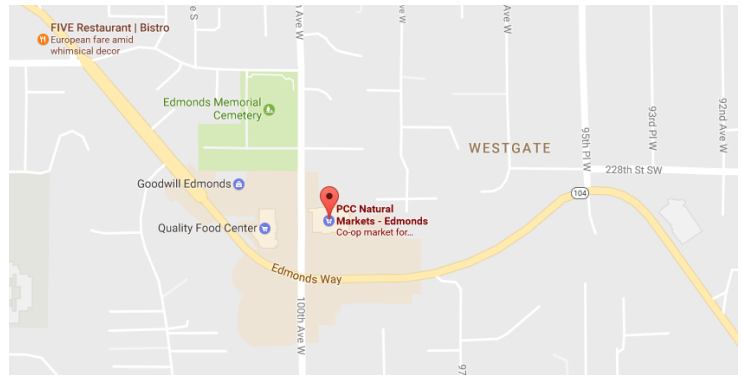
You will get to help make three easy, healthy dishes, sample each one as you cook, plus leave with copies of those three recipes and a bonus to make at home!

Location

PCC Natural Markets – Edmonds

9803 Edmonds Way

Edmonds, WA 98020



To register please call the office at (206) 467- 4800 or email at kelseyw@biawa.org. You can also register online at www.biawa.org/calendar.php



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 KelseyW@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 KelseyW@biawa.org.



Gabriea Condrea with her Class after NeuroTango

May 2017

Mon	Tue	Wed	Thu	Fri
1	2	3	4 Collage About it 1-2:30 pm (Pg. 5)	5
8 Wellness & Self-Care 6-7 pm (pg. 5)	9	10	11 Yoga 12:30 - 2 pm (Pg. 6)	12
15 Get Organized 6 - 7 pm (pg. 6)	16	17	18	19
22 Card Making 6 - 7 pm (Pg. 7)	23	24	25 Yoga 12:30 - 2 pm (Pg. 6)	26
29 Memorial Day - No Class	30	31		

June 2017

Mon	Tue	Wed	Thu	Fri
			1 Collage About it 1 - 2:30 pm (Pg. 5)	2
5 Tai Chi 7 - 8:30 pm (Pg. 7)	6	7	8	9
12 Tai Chi 7 - 8:30 pm (Pg. 7)	13	14	15 Card Making 1 - 2 pm (Pg. 7)	16
19 Beginning Gardening 7 - 8 pm (Pg. 8)	20	21	22 Tai Chi 1 - 2:30 pm (Pg. 7)	23
26 Loss & Grief 6 - 7 pm (Pg. 8)	27	28	29 Tai Chi 1 - 2:30 pm (Pg. 7)	30

July 2017

Mon	Tue	Wed	Thu	Fri
3 Holiday - No Class	4 4th of July - No Class	5	6 Yoga 12:30 - 2 pm (Pg. 6)	7
10 Tai Chi 7 - 8:30 pm (Pg. 7)	11 Creative Writing 6 - 7 pm (Pg. 9)	12	13 Collage about it 1 - 2:30 pm (Pg. 5)	14
17 Tai Chi 7 - 8:30 pm (Pg. 7)	18 Creative Writing 6 - 7 pm (Pg. 9)	19	20 Yoga 12:30 - 2 pm (Pg. 6)	21
24 Laughing Yoga 6 - 7 pm (Pg. 9)	25 Creative Writing 6 - 7 pm (Pg. 9)	26	27	28 Why Marriages Succeed 12 - 2 pm (Pg. 10)
31 Laughing Yoga 6 - 7 pm (Pg. 9)				

August 2017

Mon	Tue	Wed	Thu	Fri
	1 Creative Writing 6 - 7 pm (Pg. 9)	2	3 Collage about it 1 - 2:30 pm (Pg. 5)	4
7 Tai Chi 7 - 8:30 pm (Pg. 7)	8	9	10	11
14 Tai Chi 7 - 8:30 pm (Pg. 7)	15	16	17	18
21 Laughing Yoga 6 - 7 pm (Pg. 9)	22	23	24	25
28 Laughing Yoga 6 - 7 pm (Pg. 9)	29	30	31 PCC - Cooking Class 1 - 2:30 pm (Pg. 11)	

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) 824-1766.

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 877-824-1766 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 Skagit Valley tulip fields, dinners, and sporting events. For more information on upcoming events, please visit our calendar at www.biawa.org/calendar.php

To learn more, go to our website at www.biawa.org
or call our Resource Center at 1-877-824-1766.

Notes

Notes

SAVE THE DATE!

Join BIAWA For These Upcoming Events

June 30th to October 1st - Brain Injury Art Show, Bellevue Arts Museum

July 13th - Opening Art Show Reception & BIAWA Annual Meeting, Bellevue

July 31st - Brain Injury Golf Tournament, Bellevue

August 9th - Tacoma Rainiers Baseball Game

August 16th - Seattle Mariners Baseball Game

August 24th - Everett Aquasox Baseball Game

August 26th - Bolt the Tolt - Bike Ride Event, Carnation

October 21st - 11th Annual 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:



**For more information contact us at 1-877-982-4292,
call the Washington Brain Injury Resource Center at
1-877-824-1766 or visit www.biawa.org.**