



Consider BIAIA on Giving Tuesday, December 3, 2024

The mission of the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research, and support.

How can you support us?

- Join our virtual fundraising event **HOLIDAY HOOPLA**
- **DONATE:** Your donation supports the mission of BIAIA
- Become a **MEMBER**
- **VOLUNTEER:** If you are interested in volunteering or doing an internship with the BIAIA contact us at info@biaia.org or 855-444-6443
- Become an **IBIRN PARTNER**
- **Tell someone about the BIAIA services.** Word of mouth is very powerful. If you know someone impacted by brain injury or stroke, tell them about us. Direct them to our website. Give them our phone number.



Thank You for Supporting the Brain Injury Alliance of Iowa's Mission. At the Brain Injury Alliance of Iowa, we are driven by a shared commitment to empower individuals impacted by brain injury and their families. Our work is rooted in the belief that everyone deserves access to the resources, advocacy, and community they need to thrive. Our mission would not be possible without the incredible support of our stakeholders - our donors, volunteers, community partners, healthcare professionals, and advocates. Your contributions of time, resources, and expertise play a vital role in making a difference for the individuals and families we serve across Iowa.

We are profoundly grateful for your belief in our mission and your dedication to making it a reality. Thank you for standing with us and being part of this journey. Together, we are stronger.

With heartfelt appreciation,
The Brain Injury Alliance of Iowa

**33rd Annual Best Practices in Brain Injury Services Conference
Registration Open!**



33rd Annual Best Practices in Brain Injury Services Conference



March 6 - 7, 2025



Sheraton West Des Moines Hotel

1800 50th Street West
Des Moines, Iowa 50266



www.biaia.org



conferences@biaia.org



1-855-444-6443



Weathering the Storm Together: Collaborative Care in Brain Injury Services

ATTENDEE FEES

Early Bird Attendee Registration	1 day	2 days
• Professional	\$190	\$255
◦ IBC CEU	\$15	\$15
◦ IBON CEU	\$30	\$30
• Survivor/Caregiver/Student	\$80	\$130

- Early Bird registration cut-off date:
 - January 31, 2025 (11:59pm CST)
 - Use discount code 'earlybird'
- Early Bird Professional registration rates not applicable to Corporate members

Attendee Registration	1 day	2 days
• Professional	\$210	\$275
◦ IBC CEU	\$15	\$15
◦ IBON CEU	\$30	\$30
• Survivor/Caregiver/Student	\$100	\$150

- Regular registration rates apply February 1, 2025
- Online Registration closes February 28, 2025

[SCAN QR CODE OR REGISTER HERE](#)


Download Full Attendee, Exhibitor, Sponsor Guide

Annual Conference Event Hub


Register Now and Avail of the Early Bird Rates!

Call for Presenters - Submit Proposal


BIAIA Award Nomination Form




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Injury Services Conference

Joining the Collaborative Care in Brain Injury Services

EXHIBITOR FEES

For-Profit Exhibitor Registration - \$500
Non-Profit Exhibitor Registration - \$300
Additional Exhibitor - \$200
Electricity - \$25

- Join the Exhibitor Reception to highlight your services & products to attendees
- Network with attendees as they participate in our passport contest for a chance to win a giveaway from BIAIA
- Participate in our weather theme: Jazz up your table/decorations
- Opportunity to contribute to a giveaway (item of your choice) during the Exhibitor Reception

[SCAN QR CODE OR REGISTER HERE](#)

What to Expect After Brain Injury: A Free Guide for Families

Brain injuries can lead to numerous changes for both the survivor and their support network, which can be overwhelming and affect all areas of the survivor's life. To aid survivors and caregivers in managing life after an injury, the Brain Injury Association of America has created the "What to Expect After Brain Injury Guide." [Download a free copy of the guide here.](#)

What is Seasonal Affective Disorder? Seasonal Affective Disorder (SAD), is a form of depression that typically arises when the seasons change. [Read more](#) about its description, signs and symptoms, diagnostic methods, causes, and available treatment options.

Self-Care: Reclaiming Calm and Balance

This season may bring a busier schedule, feelings of higher expectations, reminders of difficult times, strong emotions, challenging discussions, and stress. These days, weeks, and months can be intense, with some feeling drained, overwhelmed, or uncertain. If you're feeling this impact, you're not alone. Here are some strategies to help you focus on self-care and well-being during a challenging time:

1. *Pause and Reconnect with Yourself*

When experiencing intense periods, it's essential to take a breath and tune in to how you feel. Engage in calming, mindfulness practices like deep breathing, meditation, or journaling to process your thoughts and emotions without external influence.

2. *Limit Media Consumption*

It's easy to feel inundated by social media updates. Consider setting boundaries on your media consumption to help prevent feeling overwhelmed. Give yourself permission to step away from screens and notifications for a mental break.

3. *Spend Time in Nature*

A walk outdoors can offer a grounding experience, reconnecting you with the present. Fresh air and physical movement also release endorphins, which naturally lift your mood.

4. *Engage in Meaningful Connections*

Reach out to friends, family, or support networks who help you feel grounded. Choose conversations or events that focus on support and positivity, so you leave feeling connected.

5. *Focus on What You Can Control*

If you feel anxious or uncertain, it can help to focus on areas of your life where you can make a difference. Whether it's helping a neighbor, volunteering, or investing time in a hobby, putting your energy into positive, solution-focused activities can feel empowering.

Give yourself time and space this season to reset, practice self care and compassion and remember, it's okay and necessary to prioritize your mental health.

Webinars

CEU opportunities now available for our webinars! Visit our [webinar page](#) to learn more and register.




Brain Injury Alliance
I O W A

Creating Connections:
The Role of Support Groups in Brain Injury Recovery
Micro-webinar


Courtney Sand, MS, LBA, BCBA, CBIST
Thursday, December 19th, 2024
12:00-12:30 PM CST

 1-855-444-6443  info@biaia.org  www.biaia.org

JANUARY IS NATIONAL WINTER SPORTS
TRAUMATIC BRAIN INJURY AWARENESS MONTH



SNOW MUCH FUN WHEN YOU PREVENT WINTERTIME HEAD INJURIES

Educational Topics Survey

What topics related to brain injury would you like to see in upcoming webinars hosted by the Brain Injury Alliance of Iowa? Your feedback is valued and appreciated!



Participate in the survey.

NEW SCHEDULE!!!
THURSDAY
JANUARY 23, 2025
12:00-1:00 PM CST

www.biaia.org [1-855-444-6443](tel:1-855-444-6443) info@biaia.org

Call for Webinar Proposals

The Brain Injury Alliance of Iowa is looking for presenters to deliver webinars on topics related to brain injury treatment, rehabilitation, recovery, and support. Presentations can target professionals or survivors and their loved ones.

[Submit proposal](#)



NeuroResource Facilitation



Neuro Resource Facilitators are available to serve Iowans; to answer questions and connect those with a brain injury to resources and information. [Learn more about this program.](#) BIAIA is one call away.

BIAIA Satisfaction Survey



Our mission at the Brain Injury Alliance of Iowa is to create a better future through brain injury prevention, advocacy, education, research and support. Join us on our platforms to obtain the latest and most relevant information pertaining to brain injury.