

Family Caregiver Workshop Quickly Approaching!



Brain Injury Alliance
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**YOU MATTER:
CARING FOR
THE CAREGIVER
WORKSHOP**

Join us for a day filled with information on ways to take care of you while you care for others! Lunch will be provided!

Topics include:
•Mindfulness Meditation
•Massage Therapy
•And many more!

Seats are limited for this FREE event, so REGISTER TODAY!
[Family Caregiver Registration](#)

SATURDAY
24
JUNE

Franklin Public Library
5000 Franklin Ave
Des Moines, IA 50310
11:00am - 3:00pm

The development of this content was supported by contract 58838106 from the Iowa Health and Human Services' Iowa HBSP Brain Injury Services Program. The contents are the sole responsibility of the authors and do not necessarily represent the official views of DHHS.

"Brain injury doesn't just affect the individual - it affects the entire family. The Brain Injury Alliance of Iowa provides support and resources to families and caregivers, so they can better understand and cope with the effects of brain injury."

Did you know that BIAIA is offering an in-person **Family Caregiver Workshop** on **Saturday, June 24th**? This is an excellent opportunity for you to build community, gain resources and learn about the services and supports that BIAIA can offer you as a family caregiver.

Click [HERE](#) to learn more and register today before slots are filled!

Register in our [EVENTS](#) Page for these Webinars!



Join Us!

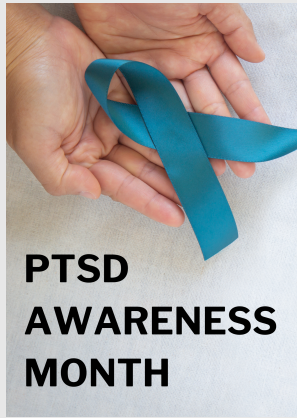
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UPCOMING WEBINARS

<p>Improving Supports for Family Members with Stroke</p> <p><i>Allison Andrews, BA, CBIST</i> Project Manager/Neuro Resource Facilitator BIAIA Certified Brain Injury Specialist Trainer</p> <p>June 28, 2023 1pm CST</p> <p>REGISTER NOW ></p>	<p>The Relationship Between Person Served Effort and Outcomes in Post-Acute ABI Rehabilitation</p> <p><i>Dave Anders, MS, CCC-SLP, CBIST-AP</i> Clinical Director, On With Life Ankeny, IA</p> <p>June 29, 2023 1pm CST</p> <p>REGISTER NOW ></p>	<p>Supporting Your Client's Unique Needs: Exploring Cognition and Emotions After Brain Injury</p> <p><i>Courtney Sand, MS, LBA, BCBA, CBIS-T</i> Senior NRE Team Leader, BIAIA Licensed and Board Certified Behavior Analyst Certified Brain Injury Specialist Trainer</p> <p>June 30, 2023 1pm CST</p> <p>REGISTER NOW ></p>
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CONTACT US
855-444-6443
info@biaia.org
biaia.org



Toxic Stress Impacts the Body and The Brain

Did you know that toxic stress can result in damaged or weakened systems and brain architecture? National PTSD Awareness month is observed in June. PTSD stands for post-traumatic stress disorder, is a mental health condition triggered by an event. Find additional information about the history of National PTSD awareness and the 2023 theme Big "T" little "t" Trauma [HERE](#).

The National Scientific Council on the Developing Child through the Center on the Developing Child Harvard University specifically addresses how excessive stress can impact the architecture of the developing brain. Learn more about prolonged exposure to toxic stress may impact the brain [HERE](#).

Submit Your Thoughts on Iowa's Community- Based Services



Iowa's Community-Based Services (CBS) Redesign progress is now in Year 2! The Mathematica-Harkin and HHS Redesign team wants to hear from you. If you'd like to get involved and participate in a feedback session on how the team should restructure the CBS programs, fill out the [interest form](#) in this website.



Neuro Resource Facilitation is a fee-free service offered by the Brain Injury Alliance of Iowa to support people with brain injury, their family members, caregivers and community navigate life after brain injury. To reach a Neuro Resource Facilitator please contact **855-444-6443** or email info@biaia.org.

[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.