



NORTH DAKOTA  
BRAIN INJURY  
NETWORK

# Living Life Fully

## After Brain Injury

After a brain injury, survivors may struggle with cognitive and memory tasks, as well as emotional regulation and social-behavioral skills. These challenges cause changes that can leave them feeling anxious and frustrated.

This seven-class series provides survivors with tools and techniques to help them understand, cope with, and proactively manage life after brain injury.

This series is for those living with a brain injury (if you have hit your head or used chemicals that affected your brain, you might have a brain injury). These classes are led by a Certified Brain Injury Specialist and a Peer Support Specialist with lived experience from brain injury.

Each session you will learn something new and you will get the most out of it by attending all the sessions. Participants will be awarded a certificate of completion only after they attend four or more classes. Each participant will need to complete a brain injury symptom inventory with Carly prior to the start of class. Carly will set this up with you after you complete your registration.



### Virtual Dates and Topics

**Thursdays in  
January and February 2023  
6:30-8:00 pm Central**

**January 5 | Session 1**  
Understanding Brain Injury and Symptom Recognition

**January 12 | Session 2**  
Memory Skills and Goal Setting

**January 19 | Session 3**  
Emotional Regulation

**January 26 | Session 4**  
Communication Mastery

**February 2 | Session 5**  
Brain Injury and Anger: Identification,  
Options, and Understanding

**February 9 | Session 6**  
Why is Stopping and Thinking Important?

**February 16 | Session 7**  
Grieving and Brain Injury

**Register by Monday, December 26 at 4:00 pm  
Central at this link: [https://und.qualtrics.com/  
jfe/form/SV\\_23Tvzt9swq47Elm](https://und.qualtrics.com/jfe/form/SV_23Tvzt9swq47Elm)**

**For more information:  
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