



NORTH DAKOTA
BRAIN INJURY
NETWORK

Living Life Fully

Supporting Survivors of Brain Injury with Living Life Fully

This three-class series is designed to show professionals and caregivers what is covered in the North Dakota Brain Injury Network's training, **Living Life Fully After Brain Injury**, taught by a Certified Brain Injury Specialist and a Peer Support Specialist with lived experience in brain injury. It is highly recommended you attend the entire series.



Virtual Dates and Topics

**Thursdays in
January and February 2023**

10:30 am - 12:00 pm

January 26 | Class 1

Defining brain injury

Sessions 1 and 2 for survivors

(Understanding Brain Injury/Symptom Recognition and Goal Setting/Memory) as well as:

*Defining brain injury

*NDBIN website overview

*Person-centered planning

*Self-advocacy

*NDBIN's symptom inventory/tip sheets

February 2 | Class 2

Memory Skills and Goal Setting

Sessions 3 and 4 for survivors

(*Emotional Regulation and Communication*)

February 9 | Class 3

Emotional Regulation

Sessions 5, 6 and 7 for survivors (*Anger, Stop & Think, Grief*)

Register by January 19 at 4:00 pm Central:

**[https://und.qualtrics.com/jfe/form/
SV_2ipLTZVHaqrYzNY](https://und.qualtrics.com/jfe/form/SV_2ipLTZVHaqrYzNY)**

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