



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 in-person 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. These classes are led by a Certified Brain Injury Specialist.

Each session you will learn something new and you will get the most out of it by attending all the sessions. 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.

For more information:
carly.endres@UND.edu
(701) 777-8004



DATES & TOPICS

**2nd and 4th Mondays of
February/March/April/May 2024
10:00-11:30 am**

**Mountainbrooke Mental Health
Recovery Center
112 N 3rd St, Grand Forks, ND**

February 12 | Session 1
Understanding Brain Injury and Symptom Recognition

February 26 | Session 2
Memory Skills and Goal Setting

March 11 | Session 3
Emotional Regulation

March 25 | Session 4
Communication Mastery

April 8 | Session 5
Brain Injury and Anger: Identification,
Options, and Understanding

April 22 | Session 6
Why is Stopping and Thinking Important?

May 13 | Session 7
Finding Your New Normal

Register by February 1, 2024

https://und.qualtrics.com/jfe/form/SV_23Tvzt9swq47Elm

