

MIND & MONEY

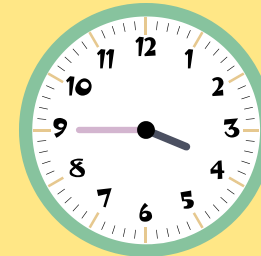
PRACTICAL STRATEGIES FOR LIFE AND EMPLOYMENT AFTER BRAIN INJURY

AMES



Ames Public Library
515 Douglas Ave Ames, IA

5-7PM



Register by: SEPTEMBER 1 (7 days prior to event)

WHAT YOU'LL LEARN:

- WAYS TO MANAGE STRESS AND EMOTIONS
- TIPS FOR STAYING ORGANIZED AND BUILDING ROUTINES
- HOW BRAIN INJURY AFFECTS COMMUNICATION
- UNDERSTANDING BENEFITS AND WORK OPTIONS
- FINDING SUPPORT IN YOUR COMMUNITY

WHO SHOULD ATTEND

- PEOPLE LIVING WITH BRAIN INJURY
- FAMILY MEMBERS AND CAREGIVERS
- PROFESSIONALS WHO SUPPORT INDIVIDUALS WITH BRAIN INJURY



REGISTER TODAY!

SPACES ARE LIMITED.

SCAN THE QR CODE OR VISIT THE LINK TO

REGISTER: <https://biaia.org/mind-money-workshop-series/>



**BRAIN INJURY
ASSOCIATION**
O F I O W A



QUESTIONS?

WE'RE HERE TO HELP!

800-444-6443

info@biaia.org

www.biaia.org