

**JUL-
SEP**

2026

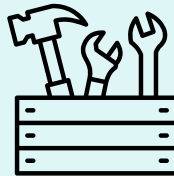
FREE WORKSHOP SERIES

MIND & MONEY

PRACTICAL STRATEGIES FOR LIFE AND EMPLOYMENT AFTER BRAIN INJURY

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



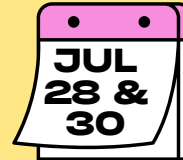
REGISTER TODAY!

SPACES ARE LIMITED.

SCAN THE QR CODE OR VISIT THE LINK

TO REGISTER: [https://biaia.org/mind-](https://biaia.org/mind-money-workshop-series/)

money-workshop-series/



**5:30 -
7:30 PM**

Register by: **JULY 21** (7 days prior to event)

DES MOINES

3010 6th Ave. Des Moines, IA

INDIANOLA

The Lighthouse Community Center,
109 West Boston Indianola, IA

Register by: **SEP 15** (7 days prior to event)



4-5 PM



5-7PM

Ames Public Library 515 Douglas Ave Ames, IA

Register by: **SEP 1** (7 days prior to event)

AMES

BOONE

Ericson Public Library, 702 Greene St. Boone, IA

Register by: **SEP 8** (7 days prior to event)



5-7PM



5-7PM

Newton Public Library 100 N 3rd Ave Newton, IA

Register by: **SEP 15** (7 days prior to event)

NEWTON



BRAIN INJURY
ASSOCIATION
OF IOWA



QUESTIONS?

WE'RE HERE TO HELP!

800-444-6443

info@biaia.org

www.biaia.org