



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 virtual 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 Shannan prior to the start of class.

For more information:
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(701) 777-3190



DATES & TOPICS

6:30 - 8:00 pm
Virtual

January 7 | Session 1

Understanding Brain Injury and Symptom Recognition

January 14 | Session 2

Memory Skills and Goal Setting

January 21 | Session 3

Emotional Regulation

January 28 | Session 4

Communication Mastery

February 4 | Session 5

Brain Injury and Anger: Identification, Options, and Understanding

February 11 | Session 6

Why is Stopping and Thinking Important?

February 18 | Session 7

Finding Your New Normal

Registration due by: January 2, 2025
at noon, via Qualtrics link

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

