



The 2026 Brain Injury Survivor Series via ZOOM

Please join the Brain Injury Hope Foundation (BIHF) for another year of exciting and interactive survivor series designed just for YOU! We explore ways to achieve a better life for people with BI and Post Traumatic Stress (PTS). These sessions will help you accomplish your definition of success. Spouses, family, friends, and professionals who serve the BI community are welcome AND other communities (ABI, Stroke, Parkinson's, MS, etc.) are welcome too.

Go to <https://www.braininjuryhopefoundation.org/events/> to register.

Aug 14

1:00 p.m. to 2:30 p.m.
Mountain time

Addressing Mental Health, Substance Abuse, and Brain Injury

Struggling with the complex issues of brain injury, mental health and substance use? Have you heard of the attribution trap—when everything gets pinned on the brain injury and the depression, anxiety, anger, and substance use start to feel like permanent features of the injury rather than conditions that are real in their own right? Join us for an informative training with Hollis Brennan, a Licensed Professional Counselor and Certified Specialist in Psychometry with advanced training in brain injury and trauma. She'll explore experiences after brain injury—such as anxiety, depression, post-traumatic stress responses, and changes in identity—and share practical evidence-based approaches that can help including nervous system regulation, EMDR, executive function retraining and more. Let's learn together! You may want to bring a way to take notes or write ideas down for your own recovery!

PLEASE REGISTER ONLINE AT

www.braininjuryhopefoundation.org

Please register by August 13th, 2026

Registration is donation-funded so there is no cost to participants. If you do not have a computer with a camera, you can call in. All who register will receive an email reminder with the zoom link a few days prior to the event. Please login early to prevent last minute issues!

TIME ZONES: Please check your time zone

12 noon—1:30 pm Pacific

1 pm—2:30 pm Mountain

2 pm—3:30 pm Central

3 pm—4:30 pm Eastern

Registration questions? Contact Joanne Cohen at: (303)351-6872, ext 2. **TECHNICAL QUESTIONS on day of event? Email Gayann at gbrandenburg@braininjuryhopefoundation.org before the event.**

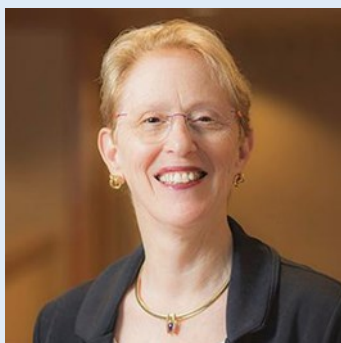
SPONSORS

Major Sponsors: Dr. Steve and Debbie Cohen
Thank you to many in our BI Community who have made generous donations.

We are looking for additional sponsors and grants to support the Survivor Series. Please contact a BIHF board member if you have any ideas!

All sessions are the second Friday of each month 1 pm—2:30 pm Mountain time. If you do not receive our emails for the Survivor Series, please email BIHF at info@braininjuryhopefoundation.org.

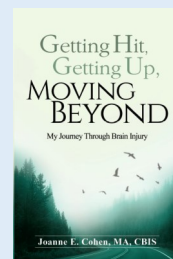
The 2026 BI Survivor Series

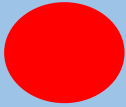


Your Host/Panel Facilitator: Joanne Cohen, M.A., CBIS/Vice-President of the Brain Injury Hope Foundation

Joanne was in a car accident in 1992 while vacationing in the Bahamas. Her life was forever changed. She was unable to walk and a year later she discovered many of her personal challenges were due to a traumatic brain injury (TBI). Joanne has overcome many obstacles and has exceeded her medical diagnosis, leading to a remarkable and inspirational story and recovery, then and again in 2014 and 2019.

Joanne published her first book in June, 2019, *Getting Hit, Getting Up, Moving Beyond: My Journey Through Brain Injury*, a compelling story of her challenges as she faced sequential “hits” and how she handled adversity with resilience time after time. She depicts the path to “moving beyond” and create a full life that includes tools to do so, many that can now be used as we are all “hit” with the Covid-19 crisis. Her book is available at Amazon.com or BarnesandNoble.com




Save the DATES!

July 12, 2026

August 14, 2026

Sept. 11, 2026

Oct. 9, 2026

Nov. 13, 2026

Sept 11

The Aging Brain and the Long Term Effects of Brain Injury

Join Dr. Mary Ann Keatley, Ph.D., CCC and Co-Founder of The Brain Injury Hope Foundation (BIHF) in Colorado, Researcher Judy Gargaro from Toronto, Canada, and Facilitator Joanne E. Cohen, M.A., CBIS, Vice-President of BIHF, for the latest research on Cognitive/Mental issues including ways to maintain your cognitive functioning following a brain injury or neurological disease (memory, processing speed, flexibility of thinking, logic, and language) at more efficient performance levels as you age. We will also discuss the long effects of Brain Injury on the brain, as well as fatigue and sleep disorders as you age and current research on exercise, nutrition, meditation and spiritual fitness as ways to help the aging brain.

Oct 9

Impact of Brain Injury on Family Dynamics, Part 2

Michelle Coe, Olivia Kunevicius, and Jose & Iris Reyes will join us to give powerful insights into what it is like to be a family member of one of their loved ones who experienced a brain injury and discuss the impact on the family. Noelle Mitchell, a professional who lends supports to BI survivors and their families, will give her perspective from her professional point of view. Our first program on this topic was so effective we were asked to do this again, hence Part 2.

Nov 13

Brain Injury Treatment Panel #2: Specialists Who Are Making a Difference

More details coming soon!

Register at <https://www.braininjuryhopefoundation.org/online-registration/>