

Adapting to our new normal

As we have had to cancel face to face meetings and events due to the COVID-19 virus we have begun our new online supports and have monthly online meetings.

We have also had to replace our annual event with an online event.

Be Aware!

Social distancing can easily become social isolation for brain injury survivors which makes the journey through recovery longer, harder, and more confusing.

We depend on our community!

Donate online at

<http://kitsapbraininjury.org/donors.html>

Register on our website

Use the contact us page to let us know

- Your name
- Email address
- If you would like to attend the event, a support group, or stream Cheryl's documentary in the message section

Who We Are

The Kitsap Brain Injury groups are open to anyone with a brain injury, caregivers, family members, and their loved ones.

We provide an opportunity to socialize, share experiences, explore healthy coping strategies, and find strength with others.

Meetings may consist of a brief presentation covering a selected topic that is relevant to living with a brain injury followed by an open discussion and problem solving

We may be able to help if you feel stuck...

- Navigating the medical system
- Developing educational interventions
- Finding legal help
- Talking to loved ones about brain injury
- Facing complex issues related to brain injury

WA Brain Injury Resource Center

1-877-982-4292



Brain Injury
Alliance
WASHINGTON

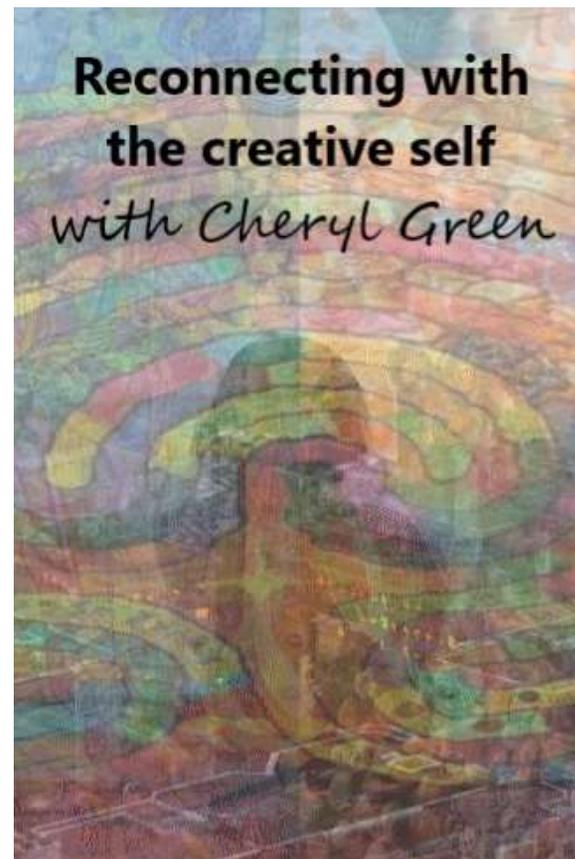
Kitsap Brain Injury

An Interactive Online Presentation

September 10th, 2020

3 PM to 5 PM

**Reconnecting with
the creative self**
with Cheryl Green



Event Itinerary

In preparation for the event, please choose an object to bring to the event. It could be a picture, drawing, painting, blanket, food, companion animal, or anything that makes you feel creative or reminds you of a story. It doesn't matter if you made it, found it on the Internet, or how long you've had it.

This event will include Cheryl's presentation on storytelling, Music by brain injury survivors Toni Hickman and Brandon Scarth, creative story sharing activity, links to websites that publish stories online, and an artist Share.

Who Am I To Stop It



About the presenter



Cheryl Green, MFA, MS is a multi-media digital artist, captioner, audio describer, a 2017 AIR New Voices Scholar, and a member-owner at New Day Films. She brings her lived experience with multiple invisible disabilities to creating media that explores politically- and culturally-engaged stories from cross-disability communities. Her audio and written blog, transcribed podcast, and documentary films are at www.WhoAmIToStopIt.com. She reported and produced one episode for the Peabody-nominated Season 2 of 70 Million.

Help break the Silence

Every 23 seconds a person in the United States sustains a brain injury
Traumatic Brain Injury (TBI) is a silent yet serious epidemic leaving 5.3 million Americans with disabilities. This represents around 2% of the United States population.
75% of persons with a TBI who return to work lose their jobs within 90days if they don't have the proper support
.Every 7 minutes someone dies of a brain injury. Motor vehicle traffic injuries are the leading cause of death.
One death every day and one brain injury every four minutes can be prevented by the use of helmets in recreational activities including skying and biking.

You can make the difference!

This event supports our efforts to increase awareness and to improve the quality of life for individuals and families impacted by brain injury.

For more information go to

www.kitsapbraininjury.org

