



# Teens & Twenties Concussion/TBI Support Group

## THE WHEN AND THE WHERE

3rd Sunday of the month from 3-5pm

CHI Health - Creighton University Medical Center - Bergan Mercy Hospital:  
7500 Mercy Rd Omaha, NE 68124  
Four Seasons Meeting Room

\*Directions: Park in the large parking ramp (Lot D). Enter through the doors to the Ambulatory Surgery & Cancer Center. The Four Seasons meeting room will be on your right.

## Plan To Join Us For These Upcoming Presenters:

- 1/20/19- Sarah Kaijala, Speech-Language Pathologist, will present on and demonstrate Interactive Metronome®
- 2/17/19- Dr. Kelly Tamayo, Licensed Clinical Psychologist, will present on Dealing with the Effects of BI as a Teen/Adult
- 3/17/19- Dr. John McClaren, Chiropractic Neurologist, will present on and demonstrate RightEye
- 4/21/19- Kyle Nadrchal, Athletic Trainer with Elkhorn South High School, will present on returning to and increasing physical activity after a concussion/TBI
- 5/19/19- Gina Simanek, Resource Facilitator with Brain Injury Alliance of NE, will present on navigating college with the effects of a concussion/TBI

**Presentations will be recorded and put on our Facebook page shortly after it ends.  
Feel free to comment any questions you may have and we will answer!  
Our Facebook Group is Omaha Teens & Twenties Concussion/TBI Support Group**

For more information contact Chris Stewart at Brain Injury Alliance of Nebraska  
Chris@biane.org or 402-890-7126.