



Teens & Twenties Concussion/TBI Support Group

Strategies to Help Cognitive & Visual Difficulties

Concussion/TBI survivors often experience issues with vision, attention, mental fatigue, and memory. If you or someone you know suffers with these difficulties, join us on Sunday, Nov 18th in person or on Facebook to hear Sarah Kaijala, M.A. CCC-SLP, present on beneficial strategies. She is a speech-language pathologist and engaged member on the Immanuel Rehab Institute concussion team. She is also a member of BIRSST (Brain Injury Regional School Support Team) which is focused on assisting students suffering with concussions and brain injury. Sarah is also certified to use Interactive Metronome and she uses this tool with her patients.



**Our Facebook Group is Omaha Teens & Twenties Concussion/TBI Support Group

THE WHEN AND THE WHERE

Every 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.



Get to Know a Facilitator:

My name is McKenzie! I am a facilitator of the Teens & Twenties Concussion/TBI Support Group because I have experienced several concussions and understand the difficulty of living with a brain injury. I have a passion for helping others that have suffered brain injuries and realize the need for support to know you are not alone.

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