

Saturday, June 20, 2026

ADMIRAL BAKER CLUB HOUSE

San Diego
Brain Injury Foundation

BRAIN INJURY SYMPOSIUM 2026

Limited to 100 seats

Healthy Connections: Balancing Recovery to Avoid Overwhelm



Scan for info
& tickets

The SDBIF Brain Injury Symposium **UNITES** survivors, families, friends, caregivers, and professionals together for a powerful day of meaningful **DIALOGUE, LEARNING, CONNECTION**, and shared **UNDERSTANDING** focusing on the reintegration journey after brain injury.

SDBIF.ORG/SYMPOSIUM



WHY YOU SHOULD ATTEND:

SURVIVORS:

Gain valuable information and skills from an expert panel with decades of collective experience in brain injury recovery and reintegration. Learn how to build healthy connections while balancing activity and energy to avoid overwhelm & isolation. Ask questions and get answers tailored to your needs.

FAMILY, CAREGIVERS & FRIENDS:

Understand the challenges your loved one faces post-injury while also learning how to balance your own role in their recovery. Discover strategies to support their reintegration while maintaining healthy boundaries and avoiding your own overwhelm. Ask questions and access resources to better navigate this journey together.

PROFESSIONALS, PROVIDERS & ADVOCATES:

Gain insights on how you can foster healthy connections and help your clients balance activity and avoid isolation from overwhelm. Network with fellow providers, share best practices, and explore opportunities to improve and streamline services.





AGENDA

Healthy Connections: Balancing Recovery to Avoid Overwhelm

9:30 - 10:00	Registration, Breakfast & Coffee
10:00 - 10:30	Welcome Statements & Ice Breaker
10:30 - 11:00	<u>KEYNOTE:</u> Interdisciplinary Collaborations: Creating Consistent Support Systems Cassandra Thorson <i>Thorson Law Group</i>
11:00 - 11:30	Break & Browse Health & Wellness Exhibitors
11:30 - 1:00	<u>PANEL PRESENTATIONS:</u> Creating Sustainable Habits: Recognizing the Signs of Cognitive, Emotional & Social Fatigue Diana Mueller <i>Empowered Purpose</i> Unlocking Your Power: Balancing Activity, Relationships & Recovery Micaela Connelly <i>Collage Rehabilitation</i> <u>Q&A with the Panelists and Keynote Speakers</u>
1:00 - 2:00	Lunch & Browse Health & Wellness Exhibitors
2:00 - 2:30	<u>BREAKOUT SESSION:</u> "How do you recognize that you (or your client) are in a state of overwhelm & how do you address it?" Group 1: Survivors Group 2: Family, Friends & Caregivers Group 3: Professionals & Advocates
2:30 - 3:00	Return to Seats & Group Facilitators Present their Group's Thoughts on the Topic
3:00	Closing Remarks, Survey & Conclusion



Register TODAY for an interactive & engaging day of learning at the 3rd Annual SDBIF Brain Injury Symposium.
Scan the QR Code to get your tickets NOW

