HeadStrong Events are open and free to Youth, adults, families, and friends living with brain injury! To join our mailing list or learn more about our events, contact info@headstrongforlife.org or follow us on Facebook: www.facebook.com/HeadStrongforLifeWA/

February 16 or 23 - Outing to Seattle Aquarium: Headstrong is excited for a Day at the Aquarium with staff-led tour of the fabulous exhibits and light refreshments. RSVP: info@headstrongforlife.org

April 15-16 - WA State TBI Conference
Location: Hotel Murano, Tacoma, WA
Sponsors: DSHS, WA State TBI Strategic Partnership Advisory Council.
Register Here: https://web.cvent.com/event/9ad7d431-8ced-4192-8002-b5e169824c40/regProcessStep1

April 24-26 - Pediatric TBI & Stroke Family Weekend at Camp Korey
Join Us for the 2nd Family Weekend at the beautiful Camp Korey in Mt Vernon with Seattle Children’s, HeadStrong, Pediatric Stroke Warriors, and BIAWA. Connect with community resources for outdoor activities, crafts, music, games, theatre, and more. Contact Beth Faller at campercoordinator@campkorey.org.
May 3 - Mother’s Day Card Party w/ Heartfelt Tidbits of Creativity
Time: 1:00 to 4:00 pm
Location: Brain Energy Support Team;
Suite #1H, 2607 Bridgeport Way W, University Place, WA 98466
Diane Rasch will lead us in making unique Mother’s Day cards and art!
Refreshments • Cookie-Decorating • Board Games
RSVP: info@headstrongforlife.org

May 6 - GiveBig Day with Seattle Foundation
HeadStrong is participating in Seattle Foundation’s GiveBig Day again! All
contributions are expanded by Seattle Foundation and our matching funds sponsors.
Thank you to all of our supporters in past years.

June 7 - Adaptive Bike Day with Outdoors for All - Seattle
Time: 1:00 to 4:00 pm
Location: Magnuson Park • Picnic Shelter #2 • Seattle, WA
Accessible Bicycles • Picnic Lunch • Games
Youth, Adults, Families, and Siblings Welcome
RSVP: info@headstrongforlife.org

July 19 - Adaptive Bike Day with Outdoors for All - Tacoma
Time: 1:00 to 4:00 pm
Location: Wapato Park, Tacoma WA
All Types of Accessible Bikes • Picnic Lunch • Games
Youth, Adults, Families, and Siblings Welcome
RSVP: info@headstrongforlife.org

August 16 - 7th Annual BEST HeadStrong Picnic & Kayak Day
Time: 12:00 to 4:00 pm
Location: Dash Point State Park • S2-Beach Parking Picnic Shelter
5700 SW Dash Point Rd • Federal Way, WA 98023
Potluck Picnic • Games • Beaches Accessible • Kayaking led by OFA
RSVP: info@headstrongforlife.org

September 27 - Adaptive Kayak Day with OFA in Seattle
Time: 1:00 to 4:00 pm
Location: Magnuson Park • Picnic Shelter #1 • Seattle, WA
Accessible Bicycles • Picnic Lunch • Games
Youth, Adults, Families, and Siblings Welcome RSVP: info@headstrongforlife.org

STAY TUNED FOR OUR FALL 2020 OUTINGS
(maybe a fall hike, ski/snowboard trip, holiday party? Send us your ideas at
info@headstrongforlife.org)
One of our wonderful community partners is Camp Korey, located on a beautiful ranch south of Mt Vernon. Camp Korey is one of the Serious Fun Camps started by Paul Newman to give children with serious medical conditions a true camp experience. Check out the Pediatric Brain Injury & Stroke Family Weekend April 24-26! Camp Korey has launched their 2020 applications for campers, families, volunteers, and staff! You can apply at www.campkorey.org/camper-programs or contact Beth Faller at 360-416-4113 or at campercoordinator@campkorey.org.
NW Brain Injury Caregiver Alliance - Support for Caregivers and Partners in Seattle

NW Brain Injury Caregiver Alliance (BICA) is a support group led by parents, spouses, or children of people who are living a brain injury. Join one of the BICA quarterly support meetings, held in January, April, July, and October, on 4th Thursdays. 

Location: Horizon House: 900 University Street, Seattle, 98101
Check in at front desk and ask for directions to the Robert Durham Room.
Day and Time: Fourth Thursday of January, April, July, and October 
7:00 – 8:30 pm.

Subscribe to BICA blog: nwbicablog.wordpress.com for stories, updates on meeting dates and time, location, and parking information. To learn more, to sign up for email notices, or just to get a remote hug in a down moment, contact: Grace Popoff at seasonings@icloud.com

Check out Synapse UW for Peer Support and More!

Synapse at the UW is a student-run support organization for people living with brain injury. Synapse is a national nonprofit organization dedicated to combating the isolation individuals with brain injury often face through the creation of a powerful social support network. Originally started at MIT and Stanford, Synapse now has 11 chapters at universities across the united states led by undergraduate students, and 5 more new chapters were recently founded this year. check out Synapse UW at: https://synapseattheuw.weebly.com/

Email Grace Wang at: brainuw@uw.edu for more information and to RSVP for Synapse Social Events.
Some of you have met Jameson Natwick, recently moved to the Seattle area with his wife and baby. Jameson is a doctoral candidate in Human Development and Family Science at Virginia Tech. His clinical work with families led him to focus on childhood TBI and how it impacts parents and the whole family. Jameson is interviewing family members as part of a research study on how parents' and family identity changes after a child acquires a TBI. His hope for this study is to better understand the needs of parents and families through the many transitions, sacrifices, and emotions involved in childhood TBI, and work towards providing better resources for the family as a whole to adjust.

If you are or know someone who is a parent of a child between the ages of 3-12 who received a TBI, and it has been at least one year since the event of the injury, AND you/they are interested in participating, please reach out to Jameson Natwick, M.S., LMFT Doctoral Candidate at jnatwick@vt.edu.

The study involves completing two brief questionnaires and a one-on-one interview and takes 1-2 hours. The study can be completed at the location and time that is convenient for you. A $20 Amazon gift card is given as a token of appreciation.

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**Introducing Dr. Aaron Parker Psychology Practice**

We are excited to announce Dr. Aaron Parker’s private practice. Dr. Parker specializes in working with individuals who have experienced physical or psychological trauma. He completed practicum, residency, and fellowship training across three different TBI model systems (Mount Sinai Hospital, NYU Langone/Rusk Rehabilitation, and UW Medicine), and is opening his private practice in downtown Seattle to provide supportive and creative care to individuals, caregivers, and families in the process of adjusting to life-changing events. Dr. Parker’s “Psychology Today” profile gives an overview of his clinical focus and approach, and allows folks to e-mail or call him: [www.psychologytoday.com/us/therapists/aaron-parker-seattle-wa/705610](http://www.psychologytoday.com/us/therapists/aaron-parker-seattle-wa/705610)

In his own words: “The reason I am a clinical psychologist today is because of my experience working with HeadStrong families. I served as a HeadStrong board member for over 3 years, I worked as an in-home and community-based mentor with youth and young adults recovering from TBI for 5 years, and I co-authored the HeadStrong Mentor Training Manual with Desirée Douglass. I wrote my doctoral dissertation based on interviews I conducted about people’s experience of TBI and changes in their identity. I have a strong background in neuropsychological assessment and report-writing, but my practice is focused on providing treatment (psychotherapy integrated with cognitive rehabilitation) tailored to each person & family’s needs after a brain injury.”

Aaron Parker, Psy.D., Licensed Clinical Psychologist
509 Olive Way, Suite 204
Seattle, WA 98101
Tel. (833) 950-1872 x301

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**Child TBI & Parental Identity Research Study**

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The study involves completing two brief questionnaires and a one-on-one interview and takes 1-2 hours. The study can be completed at the location and time that is convenient for you. A $20 Amazon gift card is given as a token of appreciation.
Thank You!

Thank you all for your support and collaboration with HeadStrong and our youth and families.
Harborview Medical Center
Seattle Children’s Hospital
Brain Energy Support Team
Outdoors for All
Camp Korey
Pediatric Stroke Warriors
Music Works
Tacoma Museum of Glass
Seattle Aquarium
Cindy Baker-Williams
Peterson Schumacher Trust
Synapse at the UW
Sheri Barronian
Dennis Munene
Tanja Wilcox
Kristine Bombaro-McCollum
Michelle Fisher
Chris Henderson, Brothers Henderson

MISSION
Support young people living with brain injury and families, educate about brain injury, and advocate for prevention and

Seattle Foundation
Seattle Brain Works
Brain Injury Alliance of WA
Special Thanks to Gina Dellino, Kris Christiansen, Reilly Dever, Katie Gedrimas, Bobbi-jo Marlin, Jameson Natwick, Buela Arvizu, Scott Bowen, UPS and UW volunteer teams & many more.

Opportunities at HeadStrong

At HeadStrong we are so grateful to have a wonderful team of families, graduate students, and rehabilitation providers for our board and volunteer pool. We have a blast at our monthly events with Outdoors for All and other great community partners. If you would like to attend a HeadStrong event we welcome new faces on our volunteer team and our board of directors. Check out our calendar and feel free to email us at info@headstrongforlife.org.

Happy 2020 from HeadStrong!