

MAY 2022

# PUEBLO BRAIN INJURY

THE OFFICIAL NEWSLETTER OF PUEBLO BRAIN INJURY, LLC

In this month's  
special issue:

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**Coming June 1,  
2022**  
SAILS  
**Self Advocacy  
for  
Independent Life  
Training  
hosted by  
Center  
Towards-Self  
Reliance**  
**Contact: Jose  
719.546.1271  
Ext.1022 or Maria  
719.387.7093,  
please leave a  
message.**  
**Free Event**



## SAIL Self Advocacy for Independent Life

**Written by Maria Martinez**

### **What is Self Advocacy**

- Knowing yourself and what you need
- Communicating your needs
- Getting informed about your condition and about resources.
- Taking Action to get your needs met

### **Why is Self Advocacy Important after Brain Injury**

- Needs may increase and be different than before
- The injury may create obstacles - in confidence, memory , communication, etc.

**You don't need to be alone**

Make your reservation, enjoy lunch provided  
by The Hungry Buffalo as we introduce the  
SAIL program.

05.07.2022 • 12:00 PM



Center Toward Self-Reliance  
901 W. 8th ST., Pueblo, CO







## CSU Pueblo Outdoor Pursuit May 20, 2022 at 10 - 12 pm



Written by Maria Martinez

Ready to have a weekend of physical activity, problem solving, fun, laughter. Come participate with other survivors. We start off with the climbing wall & team building activities.

**May 20, 2022, 10-12 pm** meet us at CSU Pueblo Student Recreation Center for Outdoor Pursuit Program.

Register: 719.546.1271 ext. 1022, refreshments/snacks provided. **Free Event**

Not able to make the event at CSU Pueblo! Pueblo Social Park Day at City Park, 1-3 pm

Join BIAC and other survivors in a fun day at the park as we participate in a few fun activities, enjoy

refreshments/snacks on BIAC, and socialize with other survivors in your community.

That closes out Friday, get rest and join us Saturday, **May 21, 2022, 1 - 3 pm** at the Center Towards Self-Reliance, 901 W. 8th St.

**PBI & Lit-Up My Mind, LLC** will be hosting **Brain Busters Break-Out!**

Laura L. will be facilitating board games, online games. This is an opportunity to return to socializing, cognitive development and for some fun. Depending on the weather outdoor games will be available.

Snacks/refreshments will be provided.



*PBI is in transition-  
moving forward to  
create space for  
people with all brain  
injuries, join us in  
creating that space.*





## Center Toward Self-Reliance Brain Injury Support Group Every Monday 1-3 pm in person/virtual. 901 W. 8th St. Pueblo CO 81003

Written by Maria Martinez

The Center Towards Self-Reliance has assisted with a meeting space, peer support, accommodations for those requiring further needs such as the low vision and blind program, deaf services, housing, youth services, food pantry and so much more.

**The center is open Monday - Friday, 8-4:30 pm.** Visit <https://cfdpueblo.org/>

Jose Garcia is Bilingual, I.L. Specialist at the center and Co-Facilitates the support group. Jose's expertise has offered knowledge and support to the group. Jose will facilitate the SAIL Training beginning June 1, 2022, 1-3 pm. Register with Jose: 719.546.1271, ext 1022.



*We empower people with disabilities to function as independently as possible and to be active contributing members of society.*


**CENTER TOWARD SELF-RELIANCE  
BRAIN INJURY SUPPORT GROUP IS  
GOING HYBRID**

**WHAT?**  
YOU CAN LOG ON ZOOM EVERY  
MONDAY 1-3 PM WHILE OTHERS  
MEET IN PERSON AT THE CENTER  
MEETING ID: 883 2403 2056  
PASSCODE: 039132  
NO NEED TO BE ALONE  
STAY CONNECTED!

THE CENTER PROVIDES FOR INDIVIDUALS OF ANY AGE, A  
TYPE OF DISABILITY  
WHETHER IT BE PHYSICAL, MENTAL, AGE RELATED, OR  
COGNITIVE

**MONDAY APRIL 25, 2022**

Conference Room  
901 W. 8th St Pueblo,  
81003 719.546.1271



**OPEN TO ALL BRAIN INJURIES,  
CAREGIVERS, AND PROVIDERS**