MINDFULNESS FOR TBI SURVIVORS

Healing Together - Veterans, Families and Caregivers

VIRTUAL WORKSHOP

November 20, 2025

10:00 – 11:00 AM

Facilitator: Janet Novinger

Discover how mindfulness can ease symptoms of brain injury, reduce stress, and improve focus for survivors and those who support them.

This interactive workshop includes:

- **Simple mindfulness techniques for daily life**
- **Insights on how mindfulness supports healing**
- **Practices to boost presence, calm, and clarity**

Scan the QR code to register or visit www.dva.wa.gov/tbi

WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS

"Serving Those Who Served"