

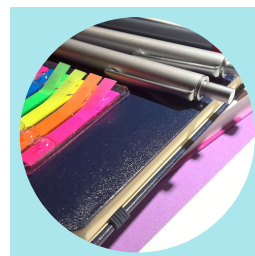
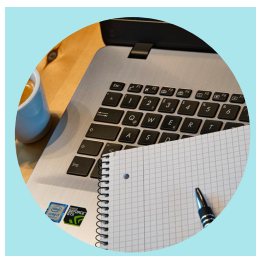
# SELF-MANAGEMENT PROGRAM



"I feel much more streamlined and confident in my ability to achieve my goals and desires to maintain a daily schedule that is achievable and is becoming integrated into my routine."

"Everyone in the world could benefit from this - brain injury or not! What a gift to receive when life was so scary and I felt like I might never be able to take care of myself effectively again."

"[My Advisor] gave me tools to handle my TBI related difficulties on my own. I am better for all her help and pleased with what I was able to accomplish."



BIAC Advisors work one-on-one with each participant to assess their strengths & weaknesses, identify natural supports in their life, & develop strategies for building specific skills with the goal of greater self-sufficiency.

## SKILLS TO WORK ON

- 01 Personal Skills
- 02 Home Skills
- 03 Vocational Skills



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