



3904 Franklin Road, Suite B
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CLiC for Veterans Program. Registration is open!

What is CLiC for Veterans?

CLiC stands for “Community Living Connection.” It is a *free* 10-week, online health series aimed at improving community living skills, cognitive skills, and social skills for Virginia veterans who have suffered brain injury. The development of personal planning and goal-making skills is emphasized. CLiC for Veterans has been specifically designed to incorporate an understanding of military culture and the military experience.

CLiC for Veterans is funded by a grant from the Wounded Warrior Project with the ultimate goal of promoting veteran independence, the advancement of personal goals, an improved quality of life, and community reintegration.

Who can participate?

We welcome Virginia veterans from any branch of the United States Military Service who have suffered pre- or post-9/11 brain injury, with preference given to post-9/11 veterans. *Computers are available at no cost and veterans may keep their computers after completion of the program. *Please see selection and exclusion criteria on the following page.*

What are the sessions like?

The online sessions are fun, informative, and as interactive as the veteran would like to be. One “Round” refers to one 10-week CLiC for Veterans session series. Our next Round begins in April 2016 and runs through June 2016. Up to 15 veterans may register.

Two online 3-hour sessions will take place each week during the 10-week Round. A Facilitator will lead the group through topics and rehabilitative exercises to practice cognitive, social, and community living skills. Additionally, information about Virginia veteran resources will be provided throughout the Round to increase veteran knowledge and accessibility of those services.

All participants will be asked to take part in a pre- and post-program evaluation.

How can a Virginia veteran register?

Registration forms are available by email or mail and registration is open. Case managers, health care professionals, or interested Virginia veterans may contact:

Stacey Nichols, *CLiC for Veterans Project Director*
Brain Injury Services of Southwest Virginia
(540) 344-1200 or **(866) 720-1008** (toll-free)
www.bisswva.org
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CLiC for Veterans session topics include:

- Living with Brain Injury
- Setting and Reaching Goals
- Organization — *Assistive Technology guest speaker*
- Making Plans and Overcoming Challenges
- Paying Attention to Details that Matter
- Communicating Effectively
- Coping With Social Conflicts
- Managing Emotions
- Improving Health — *Veterans Administration guest speakers*
- Influence of Pain, Sleep, Fatigue, and Stress on Daily Tasks
- Memory & Attention in Everyday Life
- Problem-Solving
- Thinking & More Thinking
- Money Management — *Veterans Administration guest speaker*
- Work & Education — *Veterans Administration guest speaker*
- Wounded Warrior Project — *WWP guest speaker*
- Information on Brain Injury & Virginia Veterans and Family Support — *VVFS guest speaker*

**Participants will be selected based on the following criteria:*

- Must be a veteran, 18 years of age or older
- Must have documented evidence of a traumatic brain injury
- Must possess adequate language, vision, and motor skills for using a computer
- Must be able to access broadband Internet connection

**Exclusion criteria include:*

- A history or current evidence of violence and/or sexual misconduct

For more information, please contact:

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