

The Brain Injury Association of Virginia
Headway: The Voice of Brain Injury
APRIL 2020 EDITION

We're Committed to Community

We'll spare you the introduction of how COVID-19 is changing our lives daily, and instead, **present a special edition of our monthly newsletter** highlighting some positive developments being made at BIAV to adapt to this new normal and make sure you, our community, is taken care of, no matter what the future holds.

While adapting to a "virtual" world is important and very useful right now, it's important to remember, **not everything is changing – you can still get support, resources, and information by calling, emailing, or chatting with us.** Taking care of our mental and physical health has never been more critical, and we want to assure you **our staff is here for you.** [Click here to get in touch.](#)

Being socially distant does not mean you have to be socially isolated. We need each other more than ever, and since we can't physically be together for events and support groups, we are launching:

- **FREE live webinars**
- **Virtual Conference package**
- **Online support group**
- **Weekly Facebook + Instagram Q&A's**
- **Online Resource Directory**

Stay tuned for the dates and details of each new offering. If you have questions, [reach out to us.](#)

We have new tip sheets covering topics like [Smart Phone Apps](#), [Ideas for Keeping Busy at Home](#), and an extensive [COVID-19 resources sheet](#). We will be working on more in the coming weeks so stay tuned! *If you have a specific topic in mind you would like us to address, [let us know.](#)*

Notice:

**WE'VE MOVED* Effective, April 1, our new office address is 2810 N. Parham Road, Suite 260, Richmond, VA 23294*

Quick Links:

Find a Brain Injury Support Group Near You: Please note: many in-person support groups have been cancelled, but may offer a virtual option. Please contact the support group leader for more information. [Click here](#)

Give Back: [Click here](#) to donate

Social Media Links: [Facebook](#); [Instagram](#); [Twitter](#)

2020 Mission Partners:

[NeuroRestorative](#)

[Breit Cantor Grana Buckner](#)

[Brain Injury Law Center](#)

[Tree of Life](#)