



## Providence Care

is the leading regional provider of compassionate, non-acute health care, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

*Providence Care will lead the way in compassion and discovery.*

## Survive & Thrive with Humour, Hope & Happiness with Lois McElravy "Lessons from Lois"

Lois is a member of the National Speakers Association, Brain Injury Alliance of Montana, Governor's Vocational Rehabilitation Advisory Council, Montana Traumatic Brain Injury Council, and AATH Humour Academy (Association for Applied Therapeutic Humour).

[www.lessonsfromlois.com](http://www.lessonsfromlois.com).

**March 27, 2014**

9:30 a.m. - 3:30 p.m.

Light lunch provided

### Portsmouth Olympic Harbour

53 Yonge Street  
Kingston, ON

Wheelchair accessible, free and ample parking

### Contact

Providence Care  
Regional Community Brain Injury Services  
401-303 Bagot St., Lasalle Mews  
Kingston, ON K7K 5W7  
613-547-6969 or 1-800-871-8096

Providence  
Care

[www.providencecare.ca](http://www.providencecare.ca)

# Providence Care

Regional Community  
Brain Injury Services  
(RCBIS)

## Survive & Thrive with Humour, Hope & Happiness

*with Lois McElravy*

For brain injury survivors,  
families and professionals

**March 27, 2014**

**9:30 a.m. - 3:30 p.m.**

As part of our commitment to provide education, RCBIS is hosting this conference free of charge for survivors and families; and for a small fee for professionals

Light lunch provided

**Portsmouth Olympic Harbour**  
53 Yonge St., Kingston, ON

# Survive & Thrive with Humour, Hope & Happiness

with Lois McElravy

*"In that moment when you are laughing, something magical happens. You forget your fears and you find hope. You know that you will figure things out and you will be okay." - Lois McElravy*



In 1990 life delivered a crushing blow when a utility truck crashed into the back of Lois' car. The resulting brain injury may have destroyed her life plans, but not her spirit. Learning to laugh and hangin' on with humour rescued Lois from her daily distress and despair. Twelve years later Lois began to notice significant improvements to her brain function. Lois delivered her first humour keynote in 2005, inspiring and motivating international audiences with her hilarious and heartfelt message of perseverance and hope. She teaches people how to use humour as a coping skill and equips them with stress buster strategies they can use to feel happy the midst of trying times.

## Overview of the Day

### First Morning Session: **Surviving**

Lois shares her emotional journey of adjusting to an abrupt life change caused by a brain injury. She highlights the turning points and lessons learned. Through stories, Lois illustrates the critical difference that on-going assistance, a consistent support system and a sense of humour made in her ability to cope and adjust to living with a brain injury, build her speaker business, and live a meaningful, productive, happy life.

### Second Morning Session: **Thriving**

Humour and laughter play a vital role in recovery to help you hang on when life seems unfair, move on by letting go of hurt, sadness, grief or loss so you can explore new possibilities and go on living your life to the fullest. Learn how to use props and simple humour strategies to cope with frustrations, release disappointment and even see a funny side of brain injury.

### Afternoon session: **The Sensitive Side of Humour**

Gain a better understanding of how humour works and what makes you laugh. Learn seven guidelines to safely and effectively use humour in sensitive situations like abrupt change, illness, loss or disability, plus ten ways to deflect hurtful humour.

## Registration

**REGISTER BY MARCH 19, 2014**

### REGISTER ONLINE AT:

[braininjuryhelp.ca/events](http://braininjuryhelp.ca/events)

**OR PHONE:** 613-547-6969

or 1-800-871-8096

### OR SEPARATE AND MAIL TO:

Providence Care, RCBIS  
401-303 Bagot St., LaSalle Mews  
Kingston, ON K7K 5W7

### Cost:

- FREE OF CHARGE for brain injury survivors and family members
- \$35 for professionals (cheques payable to "RCBIS")

Brain Injury Survivor

Family Member

Professional

Other \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

### **Survivors/Family Members only:**

FREE shuttle transportation available from Belleville, Brockville and Smiths Falls, on a first come, first serve basis. I need transportation from:

Belleville

Brockville

Smiths Falls

To discuss additional support or accommodations, call 613-547-6969 or 1-800-871-8096.