

Afternoon Concurrent Sessions cont'd...

Urban Pole Walking - with Personal Trainer Kari Galasso

1:30-2:30 p.m.: Nordic or Pole Walking is a great form of exercise that can be adapted to many levels of fitness or ability. The use of poles enhances balance as well as engages the upper half of the body in activity. Pole walking can also be suitable as a form of gait retraining. Take the opportunity to stretch your legs and get some fresh air on a crisp fall afternoon.

Quiet Room

1:30-2:30 p.m.: A quiet space will be made available for those who would like the opportunity to rest and recharge in the midst of a busy day.

Tai Chi Chih - with Accredited Instructor Bill Gervais

2:45-3:45 p.m.: Tai Chi Chih uses physical movement to achieve a relaxed mental state, as well as increased circulation and range of movement in the body. Join us in an introduction to the basic movements which form the foundation of this gentle form of exercise.

Mindfulness Meditation - with Community Rehabilitation Counsellor Brayden Edgeley

2:45-3:45 p.m.: Mindfulness meditation involves concentrating on the sensation of the breath entering and leaving the body. With practice it creates a sense of mental peace and clarity. Join us for an introduction and guided meditation.

Hope and Planning

October 6, 2014

9:00 a.m. - 4:00 p.m.

Light lunch provided

Portsmouth Olympic Harbour

53 Yonge Street
Kingston, ON

Wheelchair accessible, free and ample parking

Free shuttle

Free shuttle transportation available from Belleville, Brockville and Smiths Falls, on a first come, first serve basis.

RSVP

~~There is no cost to attend but spaces are limited.~~ **Please RSVP by Friday, September 26, 2014.**

To register

Call 1-800-871-8096, ext. 165

OR

visit braininjury.ca/events

registering

NOTE: When you contact us please let us know which concurrent session you would like to attend, transportation assistance, and any additional requirements you may have.

Providence
Care

Community Brain Injury Services
401-303 Bagot St., Lasalle Mews
Kingston, ON K7K 5W7

www.providencecare.ca

Providence
Care

Community Brain Injury
Services (CBIS)

Hope and Planning

with Val Lougheed, RSW
President, Northern Lights
Employment Services

~~and~~ **Ken Pope, Lawyer**
Specializing in Estate Planning,
Trusts, and Disability Issues

and Additional Special Guests

October 6, 2014

9:00 a.m. - 4:00 p.m.

As part of our commitment to provide education, CBIS is hosting this conference free of charge for survivors and families.

Light lunch provided

Portsmouth Olympic Harbour
53 Yonge St., Kingston, ON

Hope and Planning

Keynote Address

“Trauma, Rehabilitation and Recovery: Keep Your Fork”

- with Val Lougheed, RSW

As the founder and president of Northern Lights Employment Services, Val has worked in the field of vocational rehabilitation for nearly 35 years. After a head-on collision in 2003, she sustained catastrophic orthopaedic injuries as well as a brain injury. Val spent the next five months in hospital and was forced to undergo the rehabilitation process herself. Val tells her story in the narrative tradition of staying true to the events as she experienced them. She explains that for her, recovery meant becoming a new person – something she calls ‘the re-organization of self.’

Val will draw on this experience to explore key questions with her audience: What does it mean to recover? What can I do myself to recover and return to a life that includes meaningful activity? What can we do as family, friends, and practitioners to facilitate this process?

As always, we will include opportunity to connect with others in small group discussions following the keynote address. New this year, our afternoon will include several concurrent talks and activities for attendees to choose from based on interest. Please indicate your preferences when you register.

Overview of Day

8:45 a.m.

- Registration Opens

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9:15-11:30 a.m.

- Keynote Address

11:30 a.m. - 12:30 p.m.

- LUNCH

(light lunch provided)

12:30-1:30 p.m.

- Discussion Groups

1:30-2:30 p.m.

- Afternoon Concurrent Sessions-4:

First

- Wills, Trusts, & Financial Considerations - with Ken Pope
- Wisdom Cards - with Art Therapist Julie McIntyre
- Urban Pole Walking - with Personal Trainer Kari Galasso
- Quiet Room

2:45-3:45 p.m.

- Afternoon Concurrent Sessions-2:

Second

- Q&A - with Ken Pope
- Mandalas - with Art Therapist Julie McIntyre
- Tai Chi Chih
- Mindfulness Meditation - with Community Rehabilitation Counsellor Brayden Edgeley

3:45-4:00 p.m.

- Closing Remarks

Afternoon Concurrent Sessions

Disability & Estate Planning, Tax Credits & Benefit Increases - with Ken Pope

There are a number of financial tools to consider when planning for your own or a loved one's future. In his practice, Ottawa lawyer Ken Pope provides specialized support to individuals with disabilities and their families. Ken is a member in good standing, of the Law Society of Upper Canada and is also a member of the Society of Trust and Estate Practitioners

1:30-2:30 p.m. Session 1: An overview of various financial tools and strategies such as wills, trusts, and savings plans will be provided.

2:45-3:45 p.m. Session 2: Question and Answer Session.

Creativity & Connection as a Way of Self-Care - with Art Therapist Julie McIntyre

Julie will lead the group in an exploration of our perceptions and attitudes through the creation of art. The session will include an exercise in mindfulness using poetry and guided meditation leading into the creative process. Supplies will be provided, and previous experience or talent is not necessary.

1:30-2:30 p.m. Session 1: “Wisdom Cards: Accessing the Intuitive Wisdom Within” learning trust that we have all the answers inside us to what is best for us. It will involve painting, reflection and collage.

2:45-3:45 p.m. Session 2: “Mandalas: Hope and Planning Within The Circle of Life” will involve creating a mandala (circular design) using markers, coloured pencils, watercolours, and collage.