

## Schedule

- 9:00 a.m.** Registration Opens
- 9:30** Opening Remarks
- 9:45 a.m. - 11:15 a.m.** Keynote Speaker  
Linda Lowery
- 11:15 a.m. - 12:15 p.m.** Small Group  
Discussions
- 12:15 p.m. - 1:15 p.m.** Lunch  
(Provided)
- 1:15 p.m. - 2:00 p.m.** Concurrent Session  
(Choice of 1)
- Mandala Colouring
  - Guided Meditation
  - Soulful Singing
  - Mini Massage
- 2:00 p.m. - 2:15 p.m.** Break
- 2:15-3:00 p.m.** Concurrent Session 2  
(Choice of 1)
- Mandala Colouring
  - Guided Meditation
  - Soulful Singing
  - Mini Massage
- 3:00-3:30 p.m.** Closing Remarks

## Creative Coping

---

**October 29, 2014**

9:00 a.m. - 3:30 p.m.

Light lunch provided

### Portsmouth Olympic Harbour

53 Yonge Street  
Kingston, ON

Wheelchair accessible, free and ample parking

**There is no cost to attend but please RSVP by Wednesday, October 21, 2015.**

**NOTE:** When you contact us be sure to let us know which concurrent session you would like to attend, dietary restrictions, and any additional requirements you may have.

### To register:

Call 1-800-871-8096, ext. 165 **OR**  
visit [braininjuryhelp.ca/events](http://braininjuryhelp.ca/events)

Community Brain Injury Services  
401-303 Bagot St., Lasalle Mews  
Kingston, ON K7N 5W7

Providence Care

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

Providence  
Care

## Creative Coping, A Conference for Family and Friends of Brain Injury Survivors

*with Keynote Speaker  
Linda Lowery  
and Additional Special Guests*

---

**Thursday October 29, 2015**  
**9:00 a.m. - 3:30 p.m.**

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

**Lunch provided**

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

## Creative Coping

### Keynote Address

***“No Limits: Rising Above the World of Catastrophic Brain Injury”***

***- with Linda Lowery***

The world changed for Linda's family on October 16, 2008 when her 22-year-old son was hit by a van while longboarding, suffered a catastrophic brain injury and ended up in ICU for 48 days. Linda's speech "No Limits" describes her vital role in supporting and advocating for her son through rehabilitation and recovery, and the means by which she found strength and determination along the way.



Linda has had a lifetime of experience caring for others from which to draw on. In addition to being a mother to one and step-mother to five, Linda devoted her career to working with children, youth and families. She retired from her career as the Substance Abuse and Violence Prevention

Coordinator for the Durham District School Board to care for her son. In 2010, she launched Linda Lowery Consulting and Education which focuses on brain injury prevention and support, the learning needs of children and youth with brain injuries, caregiver support, mental health and substance abuse awareness. In 2013 she was a keynote speaker for the Brain Injury Association of Canada's Annual Conference, and in 2014 was a recipient of the Community Care Access Centre's "Heroes in the Home" Award. "

---

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

---

### Afternoon Concurrent Sessions

#### Mini Massage Therapy

Unwind and let go of muscle tension with a 10 minute massage session performed by a professionally trained massage therapist or student. Enjoy relaxing in a tranquil environment. Limited appointments available.

#### Soulful Singing with Wendy Luella Perkins

Do something wonderful for yourself by bringing the power of communal sound and silence into your life ... come to soulful singing!! All voices welcome -- including yours! Soulful Singing is inclusive, joyful and relaxed, and no previous singing experience is required.

#### Mandala Colouring and Relaxation Through Art with Meredith Hunter

By colouring a mandala, deep relaxation and a sense of well-being are achieved. The process is simple, fun and entertaining -- resulting in unique and beautiful works of art. No prior knowledge or art training required.

#### Guided Mindfulness Meditation with Community Rehabilitation Counsellor Brayden Edgeley

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.