



2011 MADD Canada's Victims' Weekend and Candlelight Vigil of Hope & Remembrance

It's All About the Stories

AT A GLANCE

Friday, April 29, 2011

3:00 pm – 6:00 pm
4:00 pm – 5:45 pm

Registration
Meet and Mingle Sessions:
Loss of a Child
Living with Injuries
Sharing Our Losses
Man to Man
Non-Victims Helping Victims
French Session
Dinner
Opening Ceremonies by Denise Dubyk,
MADD Canada National President
Keynote by Stephen Fleming

6:00 pm – 7:00 pm
7:10 pm – 7:30 pm
7:30 pm – 8:45 pm

Saturday, April 30, 2011

7:30 am – 8:30 am
7:00 am – 8:30 am
8:45 am – 10:00 am
10:00 am – 10:30 am
10:30 am – 12:00 pm
12:00 pm – 1:15 pm
1:30 pm – 3:00 pm
3:00 pm – 3:30 pm
3:30 pm – 5:00 pm
5:00 pm – 6:00 pm
6:00 pm – 7:00 pm
7:30 pm – 9:00 pm
9:00 pm – 10:00 pm

Breakfast
Registration
Keynote by Lois McElravy
Break
Concurrent Sessions
Lunch
Concurrent Sessions
Break
Concurrent Sessions
Free Time
Dinner
Candlelight Vigil
Reception

Sunday, May 1, 2011

7:00 am – 8:45 am
8:00 am – 8:30 am
9:00 am – 10:15 am
10:15 am – 10:45 am
10:45 am – 11:45 am
11:45 am – 12:00 pm
12:00 pm – 1:00 pm

Breakfast
Ecumenical Service
Concurrent Sessions
Break
Keynote by Paul MacKenzie
Closing Remarks, Inspirations by Denise Dubyk,
MADD Canada National President
Lunch





**2011 MADD Canada's Victims' Weekend
and Candlelight Vigil of Hope & Remembrance**

It's All About the Stories

FRIDAY, APRIL 29, 2011

Registration 3:00 pm – 6:00 pm
Main Lobby

Meet and Mingle Sessions 4:00 pm – 5:45 pm

These informal sessions provide an opportunity to meet people with similar experiences. Please note these sessions are restricted to delegates in each particular circumstance (for example, please do not attend Loss of a Child if you have not experienced this loss, or are not supporting someone experiencing the loss).

Loss of a Child – Less Than 3 Years

Facilitated by Gloria Appleby, MADD Canada National Victim Services Manager

This session is for parents/guardians who have lost a child within the last 3 years.

Room

Loss of a Child – More Than 3 Years

Facilitated by Louise Knox, MADD Canada Prairie Provinces/NWT/Nunavut Chapter Services Manager

This session is for parents/guardians who lost a child more than 3 years ago.

Room

Living with Injuries

This session is designed for delegates, and their families, who have been injured in an impaired driving crash.

Room

Sharing our Losses

Facilitated by Susan MacAskill, MADD Canada Atlantic Chapter Services Manager

This session is for delegates who have lost a loved one other than their child.

Room

Man to Man

Facilitated by Paul MacKenzie, Crisis Management Consultant
This session is for men only.

Room

Non-Victims Helping Victims

This session is for delegates who have not suffered a loss or injury as a result of impaired driving, but want to support victims of impaired driving.

Room

French Session

Facilitated by Marie Claude Morin, MADD Canada Quebec Chapter Services Manager
This session is for delegates who are most comfortable conversing in French.

Room

Dinner 6:00 pm – 7:00 pm

The Dining Hall

Opening Ceremonies 7:10 pm – 7:30 pm

By Denise Dubyk, MADD Canada National President
Presentation Hall

Keynote Address: 7:30 pm – 8:45 pm

Understanding Grief & Trauma

By Dr. Stephen Fleming

Dr. Fleming will explore the similarities between grief and the symptoms of trauma. Discussion will include how trauma reactions complicate the grieving process, and outline the components of effective trauma treatment.

Presentation Hall

SATURDAY, APRIL 30, 2011

Breakfast 7:30 am – 8:30 am
The Dining Hall

Registration 7:30 am – 8:30 am
Main Lobby

Keynote Address:
What do you do when life looks ugly? 8:45 am – 10:00 am
By Lois McElravy

Handling the pressures and demands of everyday, ordinary life are enough to drag us down. What happens when unexpected or uncontrollable circumstances knock us flat? Our sense of humour vanishes and we turn "terminally serious." Lois grew up believing that she could accomplish anything she set her mind to do. She never considered her mind would turn out to be her biggest challenge. Lois shares her emotional journey of confronting her personal loss and adjusting to a sudden life change caused by a brain injury. Her character, Louis, reminds us that laughter is the best medicine, but there will be times when we are unable to laugh.
So then... what do you do when life looks ugly?

Presentation Hall

Exhibits in the Bow 9:00 am – 5:00 pm

- **MADD Canada's Travelling Memorial Wall and Victim Story Banners**
The travelling Memorial Wall banner is used by Chapters, Community Leaders and the National Office at events and displays. This banner pays tribute to those killed and injured in impaired driving crashes.
- **The Corporate Image** will be exhibiting and selling MADD Canada merchandise (today only).
- **Research Project on Coping with the Death of a Child**
The loss of a child is one of the most difficult experiences a parent confronts. Researchers at York University, in cooperation with the University of Utrecht (the Netherlands), are investigating the immediate and long-term impact of the death of a child on the child's parents. If you have suffered such a loss in the last 18 months, are currently not involved in psychotherapy or a self-help group and would like to assist with this research, please visit their exhibit table. Also you can contact Dr. Stephen Fleming, Department of Psychology, York University, 4700 Keele St., Toronto, ON M3J 1P3 or email sfleming@yorku.ca.
- **MADD Canada watches, key chains, dog tags, and angel pins** can be purchased at the Registration Desk.

SATURDAY, APRIL 30, 2011 cont'd

Break 10:00 am – 10:30 am

Concurrent Sessions 10:30 am – 12:00 pm

- Session A: **Parenting After the Loss of a Child**
By Dr. Stephen Fleming
Little is known of the phenomenon of parenting surviving children following the death of a child. Research provides only a sketchy map of the experience; it does not travel the psychosocial landscape of this loss, it does not address how bereaved mothers and fathers actually experience themselves as parents after the traumatic rupture of their relationship with their child, and it does not provide detailed insight into how they experience and interact with their remaining children after the loss. Finally, it does not explore how bereaved parents send their surviving children back into a world proven to be unsafe and treacherous. After the worst possible loss has occurred, what is the experience and process of parenting one's surviving children? All of these issues will be discussed.
Room
- Session B: **Impaired Driving Civil Cases**
By David A. Payne and David Tenzen, with the law firm Thomson Rogers
David Payne and David Tenzen, lawyers specializing in civil litigation will lead a discussion on impaired driving civil cases and invite questions.
Room
- Session C: **Youth Group - Sharing Our Stories: Coming Together in Trauma, Journeying Toward Hope**
By Cara Grossett, Consultant for Bereaved Families of Ontario
In this workshop youth will get to know one another, where they are from, some of their interests and their common experience of their lives being impacted by impaired driving. The workshop facilitator will assist the youth in sharing their stories, highlight common experiences, educate and encourage mutual support.
Please note this session is limited to delegates between the ages of 15-25.
Room

SATURDAY, APRIL 30, 2011 cont'd

- Session D: **Hugs for Healing**
By Chantel Parkes, MADD Canada Youth/School Outreach Program Manager, & Gloria Appleby, MADD Canada Victim Services Manager
There is something significant about a hug shared between 2 people. It can be a sign of acknowledgement, understanding, and compassion, all of which can help to heal the heart. For the seasoned huggers and for those that have never hugged a stranger, we invite you to come join us in "Hugs for Healing".
Room
- Lunch** 12:00 pm – 1:15 pm
- Concurrent Sessions** 1:30 pm – 3:00 pm
- Session E: **Understanding the Criminal Justice System**
By Philip Enright, Deputy Crown Attorney
Philip Enright will lead a discussion on Canada's criminal justice system as it relates to impaired driving.
Room
- Session F: **Humour Helps and Laughter Heals**
By Lois McElravy
You will experience times in your life when it feels impossible to laugh. But once you do, something magical happens. You find hope. You know that you will figure things out and you will be O.K.
The objectives of this session:
 - Understand why you laugh by examining three humour theories.
 - Learn seven guidelines to introduce humour in sensitive situations like disability, illness, loss, death, failure, setback or sudden change.
 - Develop humour strategies you can use to cope with difficulties.
 - Learn the benefits of therapeutic laughter and practice laughter exercises.
 - Be better equipped to overcome life's challenges and feel happier.*Room*

SATURDAY, APRIL 24, 2010 (Cont'd)

- Session G: **Anger...Now that I have it, what do I do with it?**
By Paul MacKenzie
The focus will be on *Anger* and how *Anger*, a natural reaction to any loss plays a role in the grieving process. We will explore how to cope with *Anger* as part of the healing process.
Room
- Session H: **Youth Group - Impact of Trauma: Common Reactions, Coping & Support**
By Cara Grossett
This interactive workshop will review the common reactions shared by the youth in the previous workshop. An overview of the feelings, behaviours, physical reactions (healing if they were injured) and thoughts associated with trauma and grief. Ideas for coping and being supported will be brainstormed.
Please note this session is limited to delegates between the ages of 15-25.
Room 101

Break 3:00 pm – 3:30 pm

Concurrent Sessions 3:30 pm – 5:00 pm

- Session I: **Through the Eyes of a Victim: What to Expect After the Loss of a Loved One**
By Carolyn & Richard Swinson
Carolyn, Past Chair of the National Board of Directors, and her husband, Richard, will lead this workshop. They will share how their family changed following the loss of their son, Rob, in an alcohol-related crash. Nothing could have prepared them for the thoughts, feelings and behaviour changes that occurred over the next few years. Expect frank discussion on a couple's relationship, family dynamics and individual coping skills.
Room

SATURDAY, APRIL 30, 2011 (Cont'd)

- Session J: **Youth Group – Introduction to Meditation & Making a Difference Through Meaning-Making**
By Cara Grossett
Youth will join together in an exploration of family/friends/community reactions and advocacy opportunities regarding the impact of impaired driving. What would you want people to know about your experience? How would you like to convey your messages? Can we make something today that can be used to convey your messages? (For example, a banner, posters, collages.)
Please note this session is limited to delegates between the ages of 15-25.
Room 101
- Session K: **Healing Through Storytelling**
By Gloria Appleby, Victim Services Manager, MADD Canada
Many professionals in the field of grief and bereavement understand that a big part of healing in grief is in sharing our stories. In doing so, we put a voice to our loss.
In this workshop, you will learn the benefits of sharing your story and how to support those who are sharing their story in a compassionate way.
- Session L: **Fitness for the Injured**
By Terri Roberts, Certified Group Fitness Leader
Some of us were active people before we were injured. Some of us have been life-long couch potatoes and the injuries aren't helping matters. Regardless of where we all were before being injured by an impaired driver, we all have to keep moving! In this seminar we will look at the benefits of physical activity and the options that are out there to try. We will learn how to do some basic exercises (including ones done in a chair and wheelchair) and have a chance to play with some basic home fitness equipment. We will also discuss the precautions we must take as our injuries heal and the modifications we must make when we have permanent injuries.
Note: There will be lots of opportunities to move around and try things in this session, but this is not mandatory. Everyone is welcome to attend and you don't have to try any of the physical activities demonstrated if you don't want to.
Room

SATURDAY, APRIL 30, 2011 (Cont'd)

- Session M: **Correctional Services of Canada Information Session**
By Sarah Somers, Victim Services Officer, Correctional Services of Canada
This workshop will provide information to victims of Federal Offenders, and how to register to receive notification on the offender's current federal sentence.
Room

Free Time 5:00 pm – 6:00 pm

Dinner 6:00 pm – 7:00 pm
The Dining Hall

National Candlelight Vigil of Hope and Remembrance 7:30 pm – 9:00 pm
(see next page for details)



The National Candlelight Vigil of Hope and Remembrance

The National Candlelight Vigil of Hope and Remembrance is an annual service that offers a time for bereaved and injured victims to come together to pay tribute to all victims of impaired driving. It is an emotional and moving evening for all who attend.



**Saturday, April 30, 2011
National Candlelight Vigil of Hope and Remembrance
Presentation Hall
Service will begin at 7:30 pm.**

The Vigil Service – showing a photo and reading a tribute message

The memorial candle lighting portion of the service is the most important part of the entire evening.

If you submitted a short tribute message for the Vigil, and asked that a photo be shown this year, a narrator (a member of the National Board) will read the message and a candle will be lit in memory of your loved one, or to pay tribute to those injured.

At the conclusion of the service, you can take one of the candles and the candleholder home.

Desserts and refreshments will be served in the Bow immediately following the Vigil, so please stay and join us.

SUNDAY, MAY 1, 2011

Breakfast <i>The Dining Hall</i>	7:00 am – 8:45 am
Ecumenical Service By Susan MacAskill Atlantic Chapter Services Manager <i>Room 201</i>	8:00 am – 8:30 am
Concurrent Reflection Sessions	9:00 am – 10:15 am
Facilitated discussion groups to reflect on the weekend and receive support. These sessions are a continuation from the Friday “Meet and Mingle” sessions. Please return to the same session.	
<ul style="list-style-type: none">• Session N: Loss of a Child (Within the Last 3 Years) By Gloria Appleby, Victim Services Manager, MADD Canada <i>Room</i> • Session O: Loss of a Child (More than 3 Years Ago) By Louise Knox, Prairie Provinces/NWT/Nunavut Chapter Services Manager, MADD Canada <i>Room</i> • Session P: Living with Injuries By Marie Claude Morin, Quebec Chapter Services Manager, MADD Canada <i>Room</i> • Session Q: Reflections and the Future By Cara Grosset <i>Please note this session is limited to delegates between the ages of 15-25.</i> <i>Room</i> • Session R: Sharing Our Losses By Susan MacAskill, Atlantic Chapter Services Manager, MADD Canada <i>Room</i>	

SUNDAY, MAY 1, 2011 (Cont'd)

- Session S: **Non-Victims Helping Victims**
By Room
- Session T: **Man to Man**
By Paul MacKenzie
Room
- Session U: **French Session**
By Marie Claude Morin, Quebec Chapter Services Manager, MADD Canada
Room

Break	10:30 am – 10:45 am
Keynote Address: Aboriginal Healing After a Loss By Paul MacKenzie <i>Presentation Hall</i>	10:45 am – 11:45 am
Inspirations and Closing By Denise Dubyk, MADD Canada National President <i>Presentation Hall</i>	11:45 am – 12:00 pm
Lunch <i>The Dining Hall</i>	12:00 pm – 1:00 pm

*Thank you for joining us for this special weekend.
Wishing you a safe journey home.*



At times our own light goes out and is rekindled by a spark from another person.
Each of us has cause to think with deep gratitude
of those who have lighted the flame within us.

~ Albert Schweitzer