



**Parkwood Institute  
Acquired Brain Injury  
Survivor and Family Education Series**

## **Spring 2018 Schedule**

The survivor and family education series is a forum open to individuals with acquired brain injury, their family, and friends.

Sessions are Tuesday evenings 6:30-8:00 pm. **In London, the sessions are held in the Parkwood Institute Main Building Auditorium (Room B2-109).** People may also login and watch on their computers or tablets by clicking on the link for the sessions which will be listed on the St. Joseph's Health Care London's website at: <https://www.sjhc.london.on.ca/events/brain-injury-survivor-and-family-education-series>

You can attend any or all of the sessions. **No registration is required for attending the sessions in person or online.**

### **March 27                      Brain Injury 101 – Part 1**

**Speakers:** Kelly Williston, Occupational Therapist  
Jill Bowen, Social Worker

This session provides an overview of the structure and function of the brain and what happens to it when it is injured. It will describe some of the changes a person may experience (physical, cognitive, emotional, social and behavioural) after a brain injury and offer strategies to manage them.

### **April 3                              Brain Injury 101 – Part 2**

**Speaker:** Kelly Williston, Occupational Therapist

This session will be a continuation of the previous week's session discussing strategies to manage changes following a brain injury.

### **April 10                            Life Hacks and Strategies for Managing Symptoms after Traumatic Brain Injury**

**Speakers:** Shannon McGuire, Physiotherapist  
Becky Moran, Occupational Therapist

This presentation will discuss common symptoms experienced after a brain injury. It will review the risk factors for developing persistent symptoms and principles of brain recovery or 'neuroplasticity'. Most importantly, concrete, practical strategies to help manage issues such as light and noise sensitivity, headache, dizziness, fatigue, balance problems, sleep dysfunction and cognitive changes will be shared.

**April 17**

**Ontario Brain Injury Association – Services, Programs & Resources**

**Speaker:** Tanya Jewell, Community Engagement Coordinator,  
Ontario Brain Injury Association

In this session, you will have the opportunity to learn about the programs, services and resources the Ontario Brain Injury Association offers to survivors, family members and caregivers across the province. Some of these include the Peer Support Program, the Online Concussion Support Group, Acquired Brain Injury (ABI) Training courses, an ABI HELP line and online resources.

**April 24**

**Role Changes Following ABI**

**Speakers:** Jill Bowen, Social Worker  
Jill Robinson, Social Worker

A brain injury affects not only the lives of the people who are injured, but also the lives of everyone around them. This session will focus on discussion of how the roles of the survivor and of people in the surrounding family and social circle are affected by the ongoing effects of an injury.

**May 1**

**Brain Injury and the Practice of Mindfulness**

**Speaker:** Lisa McCorquodale

This session will introduce and discuss the practice of mindfulness and the benefits mindfulness may provide in reducing and/or coping with the emotional, cognitive and psychosocial changes that are experienced as the result of sustaining a brain injury.

**May 8**

**Survivor & Caregiver Stories**

In this session you will have the opportunity to hear the story of a survivor and the story of a caregiver as they journey through the recovery from brain injury.