

## A Time to Heal

If you have been injured or have lost a loved one in an impaired driving crash and would like to receive more information on the conference or receive assistance:

> Visit MADD Canada's web site at madd.ca email info@madd.ca or call 1-800-665-6233, ext. 222

Some funding for registration and travel expenses may be available to qualifying delegates.

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**National Conference** for Victims of Impaired **Driving** mad Saving Lives, Supporting Victims

## What it is... SUPPORT

This 3-day annual conference is held in Toronto every April. Victims and survivors of impaired driving crashes from across Canada come together for a weekend of support and fellowship. With the guidance of caring professionals and supportive peers, victims/survivors will take part in keynote and workshop sessions covering a wide range of topics designed to help them as they cope with traumatic, life-altering experiences.

Through sessions run by caring professionals and peers, and by being in the company of others with similar experiences, delegates gain comfort, strength and the tools to help them cope with their loss or their injury.



What to expect at the National Conference for Victims of Impaired Driving:

- To be offered different types of coping workshops that will help with the healing journey
  - To experience a moving Candlelight
    Vigil for all victims/survivors of impaired driving
  - To be treated with compassion and respect
    - To have the opportunity to share stories
    - To be surrounded by others who have had a similar loss (either by death or injury)

healing & hope



## The Candlelight Vigil of Hope and Remembrance

Delegates gather together on Saturday evening for a moving candlelight ceremony as we remember loved ones who have been killed and we acknowledge injuries sustained in impaired driving crashes. Photos of victims/survivors are shown, a tribute is read, and a candle is lit for each victim/survivor.

## Youth program for 15- to 25-year-olds

In this professionally facilitated session, youth are provided with the opportunity to share their experiences in a safe environment with other youth whose lives have also been impacted by impaired driving. Youth will gain support, knowledge and understanding from each other and through the interactive workshops available to them throughout the weekend.

Here's what our delegates had to say

about their experience:

"I came here lost, alone and felt like I was drowning because my focus since my brother's death has been to make sure the rest of my family was ok. This weekend I found I could feel, I could laugh, I could cry and I was not alone. No one told me this weekend that it gets better, normal will come again. I was told how to cope, and how to move forward to regain control of my life. Thank you."

"I now have the tools to help me cope with some of the issues I've been dealing with after the crash."

"I am so glad I was given the privilege of attending. I arrived with a sense of hopelessness and defeat and I'm returning home with a renewed sense of hope for a new tomorrow. Thank you MADD Canada."

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