The Department of Occupational Science and Occupational Therapy is honoured to host **Dr. Rachel Thibeault (Officer of the Order of Canada and 2015 recipient of a UBC Honorary Doctorate)** for a public presentation to the UBC Community.

**“Going Against the Flow: Low-Cost, Accessible Strategies for Building Resilience”**

**Date:** Wednesday, November 25th  
**Location:** Life Sciences Centre, Room 1002  
**Time:** Noon – 1:30 pm

The presentation will cover the most recent research on resilience from the fields of psychology, neuroscience and occupational therapy. Through real-life stories of individuals who have demonstrated remarkable resilience, it will explore low-cost, accessible and user-friendly strategies for resilience and well-being easily applicable in daily life.

All are welcome! Please RSVP to cynthia.hsieh@ubc.ca if you would like to attend.

**Biography:** Rachel Thibeault is an occupational therapist, professor, community developer and activist for health and social justice in the global community. Dr. Thibeault has worked for over 3 decades with groups that face overwhelming stigma, including victims of war in Sierra Leone, Makeni, Pujehun & Freetown, persons with AIDS in Zambia and leprosy in Ethiopia, and those with disability in Nicaragua. Her approach through community re-integration programs and small business development are widely applauded by notable organizations that include the CIDA, WHO, the UN, the world bank and the US State Department. Closer to home, she has assisted marginalized groups in Canada including developing a program for returning soldiers suffering from post-traumatic stress disorder and elder care and aboriginal health in the Arctic. She is a tireless advocate who is sincerely committed to improving the lives of those in dire and for some, inhumane, circumstances.