



The Pathway to Mindful Caregiving

Are You a Caregiver?

Are you providing care for a family member or friend?

Are you concerned for their well-being and safety?

Are you struggling to balance your time with loved ones?

If you answered yes, then you are a caregiver.

The Caregiver Coalition of San Diego invites you to this **FREE CONFERENCE** for family caregivers.



Saturday, May 11, 2019

8:30am—12:30pm

Chinese Community Church

4998 Via Valarta,
San Diego, CA 92124

To Register

1(800)827-4277

Or visit

www.sharp.com/classes



LIVEWELLSD.ORG

Conference will include the following:

- ◆ Educational Program
- ◆ Free Refreshments
- ◆ Community Resource Tables
- ◆ Opportunity Prizes
- ◆ Free Respite with prior registration

*Improving the Quality of Life for Caregivers,
their families and the Community.*

Find us @Caregiver_SD



www.caregivercoalitionsd.org



The Caregiver Coalition of San Diego Presents:
The Pathway to Mindful Caregiving

- 8:30 - 9:00 **Registration & Resource Fair**
- 9:00 - 9:15 **Welcome and Introductions**
- 9:15 - 9:45 **Multicultural Caregiving**
Agnes Hajek, UPAC
- 9:45 - 10:30 **Stress Management**
Dr. Annette Conway, Help Therapist
- 10:30 - 11:00 **Break and Resource Fair**
- 11:00 - 11:30 **Effective Communication**
Maricela Gomez, Southern Caregiver Resource Center
- 11:30 - 12:15 **Meditation Mindfulness**
Judith Ray, Mindful Compassion Consulting
- 12:15 - 12:30 **Closing Remarks, Opportunity Drawings**

A Very Special Thanks to Our Sponsors

Aaron Home Care, Accredited Home Care, Aging & Independence Services, Always Best Care, At Your Home Familycare, California Estate and Elder Law, Clear Captions, Clear Choice, Chinese Community Church, ElderHelp, Harmony Home Medical, Heritage Senior Care, Holistic Light Therapy, Jewish Family Services, North Coast Home Health Products, San Diego Funeral Service, St. Paul's Senior Services, Sharp HospiceCare, Sharp Senior Resource Center, Southern Caregiver Resource Center, Southwest Lifeline, Veronica Mitchell, Wheelchair Dancing and 101 Mobility

**For information on other events provided by Caregiver Coalition of San Diego
please visit our website**

www.caregivercoalitionsd.org