Healthy Boundaries in Caregiving

A Free Virtual Caregiver Conference

CAREGIVER COALITION

Speaker Panel

Aaron Laney
Aaron Homecare

Veronica Mitchell
Aging, Cannabis, and Caregiving

Setting Boundaries for Long-Term Success

Speaker 2

Adriana Gonzalez
UCSD Department of Neurosciences

From Self-Care to Therapy: A Caregiver's Toolkit

Speaker 3

Matthew Parcasio
Aging & Independence Services

Overview of Programs and Resources

Who Should Attend:

This conference provides information, advice and support for those caring for loved ones across the age spectrum. Workshop attendees will receive hands-on advice for his or her caregiving challenges.

Conference Highlights:

- Community experts to help with your caregiver solutions.
- Guided group participation Q & A session.
- Resource rooms with hands-on advice from local caregiving experts.
- Caregiving guide available for future reference.

Wed. August 31, 2022

🕐 **9.30 AM - 12.00 PM**

📍 **ZOOM**

Meeting ID: 860 0195 8218
Passcode: 191429

or Click Here for the Link

Improving the quality of life for caregivers, their families and the community.
www.caregivercoalitionsd.org

Agenda

09:45AM - 10:00AM	**Early bird log-in**
10:00AM - 10:05AM	**Welcome**
10:05AM - 10:25AM	**Panel: "Setting Boundaries for Long-Term Success"**
10:30AM - 11:00AM	**Speaker 2: "From Self-Care to Therapy: A Caregiver's Toolkit"**
11:00AM - 11:20AM	**Exhibitor Virtual Booths**
11:25AM - 11:40AM	**Speaker 3: "Aging & Independence Services: Overview of Programs and Resources"**
11:40AM - 11:50AM	**Evaluations and Opportunity Drawing**
11:50AM - 12:00PM	**Q&A/Closing Remarks**

Resource Room Exhibitors

Aging, Cannabis, and Caregiving With Veronica Mitchell	**Gary and Mary West PACE**
WDO Inclusive Dance	**AARP CA**
Elder Law & Advocacy/ HICAP	**Aaron Homecare**
Solace Massage & Mindfulness	**ElderHelp**
County of San Diego – Aging & Independence Services	**Lifeline Medical Alert**
UC San Diego Department of Neurosciences	**101 Mobility**

For information on free workshops & webinars provided by Caregiver Coalition of San Diego, please visit our website: www.caregivercoalitionsd.org.

Improving the quality of life for caregivers, their families and the community.