

Are you providing care for a family member or friend who has a mental health challenge?



Join other family caregivers at this FREE event.

**CAREGIVER COALITION**  
*Improving the Quality of Life for Caregivers,  
their Families and the Community.*

[www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)



The Caregiver Coalition Of San Diego  
& NAMI San Diego Presents:  
**A Day for Caregivers**  
**Caring for an Adult Loved One**  
**Living with Mental Health Challenges**



Family is not always about blood.  
Sometimes it's about who is there to  
hold your hand and support **you**  
when **you** need it  
[www.DavidsWordsOfWisdom.com](http://www.DavidsWordsOfWisdom.com)

**Friday**  
**November 9, 2018**  
**9:30 a.m. to 2:00 p.m.**

**Saint Gregory the Great**  
**Catholic Church San Diego**  
**11451 Blue Cypress Dr.**  
**San Diego, CA 92131**

**To Register Call**  
**1-800-827-4277** or go to  
**[www.sharp.com/classes](http://www.sharp.com/classes)**

**Lunch Provided by**



Resource Booths, Giveaways, Great Educational Programs, Opportunity Drawings



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## **A Day for Caregivers Caring for an Adult Loved One Living with Mental Health Challenges**

- 9:30 - 10:00     **Registration, Resource Fair & Hand Massages**
- 10:00 - 10:15     **Welcome and Introductions**  
Suzette Southfox, NAMI San Diego Education Director
- 10:15 - 11:30     **5 Essential Documents and Special Needs Trusts**  
Scott Stewart, Esq., California Estate and Elder Law, LLP
- 11:30 - 12:00     **What's In Your Tool Belt?**  
Suzette Southfox, NAMI San Diego Education Director
- 12:00 - 12:30     **Lunch, Resource Fair & Hand Massages**  
Lunch Provided by Holy Cross Catholic Cemetery & Mausoleum
- 12:30 - 1:30     **Self Care: Mindfulness and Stress Reduction**  
Licensed Professional
- 1:30 - 1:45     **Mindfulness Exercise**  
Carly Bonnell, MSW, UCSD Caregiver Study
- 1:45 - 2:00     **Closing Remarks & Opportunity Drawing**  
Suzette Southfox, NAMI San Diego Education Director

### ***A Very Special Thanks to Our Sponsors***

*101 Mobility of San Diego, 7 Memories, At Your Home Family Care, California Estate and Elder Law, Aging and Independent Services, Heritage Senior Care, Holistic Light Therapy, Hospice of the South Coast, Love 2 Live Care Services, Mental Health Ministries, NAMI San Diego, San Diego Funeral Service, Southwest Lifeline, Travelling Hands, UCSD Caregiver Study, Veronica Mitchell, Wheelchair Dancers*

**For information on other events provided by Caregiver Coalition of San Diego  
please visit our website at: [www.CaregiverCoalitionSD.org](http://www.CaregiverCoalitionSD.org)**