



Let's Talk About Mental Health

A Free Virtual Caregiver Conference



Keynote Speaker 1



Julie Benn

NAMI San Diego & Imperial Counties
Wellness Coordinator & Encourager

Keynote Speaker 2



Diego Flores

Urban Restoration Counseling Center
Caregiving in BIPOC Communities

Keynote Speaker 3



Dr. Frank Ogle

Sharp Mesa Vista Hospital
Senior Intensive Outpatient Program

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.



Monday, May 23, 2022



10.00 AM - 12.00 PM



ZOOM

[Click Here to Register Via Eventbrite](#)

or Use The Link Below

www.bit.ly/MentalHealthVirtualConference



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

www.caregivercoalitionsd.org

Agenda

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| 09:45AM - 10:00AM | Early bird log-in. |
| 10:00AM - 10:05AM | Welcome. |
| 10:05AM - 10:25AM | Julie Benn: "The Art of Being Okay." |
| 10:25AM - 10:50AM | Diego Flores: "Caregiving in BIPOC Communities." |
| 10:50AM - 11:10AM | Exhibitor Virtual Booths. |
| 11:10AM - 11:35AM | Dr. Frank Ogle: "Care for the Caregiver." |
| 11:35AM - 11:45AM | Q&A Panel. |
| 11:45AM - 11:50AM | Veronica Mitchell: Closing Remarks. |
| 11:50AM - 12:00PM | Opportunity Drawing. |

Resource Room Exhibitors

- **Veronica Mitchell, Writer**
- **Sharp HospiceCare & Transitions**
- **Elder Law & Advocacy/ HICAP**
- **VA San Diego Caregiver Support Program**
- **Southern Caregiver Resource Center (SCRC)**
- **County of San Diego – Aging & Independence Services**
- **Gary and Mary West PACE**
- **AARP CA**
- **ART Health**
- **ElderHelp**
- **Lifeline Medical Alert**
- **Windward Life Care**

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