

Are you providing care for a family member or friend
who is a veteran or part of a military family?



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

The Caregiver Coalition Of San Diego Presents
**Navigating Caregiving for Veterans
and Military Families**



Lunch Provided by:



Respite Care Provided by:
Assertive Home Care

**Saturday
October 20, 2018
9:30 a.m. to 2:30 p.m.**

**First United Methodist
Church San Diego
2111 Camino Del Rio So.
San Diego 92108**

**To Register
1-800-827-4277 or
www.sharp.com/classes**

www.CaregiverCoalitionSD.org

Resource Booths, Giveaways, Great Educational Programs, Raffle Prizes



The Caregiver Coalition of San Diego Presents:

Navigating Caregiving for Veterans and Military Families

- 09:30 -10: 00 **Registration & Resource Fair**
- 10:00 - 10:15 **Welcome and Introductions**
Veronica Mitchell (National Anthem, Color Guard)
- 10:15 -11:00 **PTSD: Supporting a Loved One and Yourself**
Frank Ogle, LMFT, Ph.D., Sharp Mesa Vista
- 11:00 -12:00 **Help for Veteran and Military Families**
Anthony Scott, VA and Timothy Mathues, County Veterans Services
- 12:00 -12:30 **Lunch and Resource Fair**
Provided by St. Paul's Senior Services
- 12:30 - 1:15 **Caring for Military and Veteran Caregiver**
Jessica Romero, Southern Caregiver Resource Center
- 01:15 -1:45 **Suicide Awareness for Military Caregivers**
Teresa Paris, Courage to Call
- 01:45 -2:00 **Pinning Ceremony / Sharp HospiceCare**
- 02:00 - 2:15 **Closing Remarks / Gratitude / Resilience**
Veronica Mitchell
- 02:15 - 2:30 **Resource Fair, Opportunity Drawing**

A Very Special Thanks to Our Sponsors

Aging & Independence Services, Alzheimer's Association, Always Best Care, Assertive Home Care, Beyond the Sky Solutions, California Estate and Elder Law, Clear Captions, ElderHelp, Heritage Senior Care, Helen Antoniak. Love 2 Live Care, Sharp HospiceCare, Sharp Mesa Vista, Sharp Senior Resource Center, Southern Caregiver Resource Center, NAMI San Diego, UCSD Caregiver Study, Veronica Mitchell, Wheelchair Dancing

For information on other events provided by Caregiver Coalition of San Diego please visit our website at: www.CaregiverCoalitionSD.org