

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](http://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](http://www.sharp.com/classes)**

**[www.CaregiverCoalitionSD.org](http://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](http://www.CaregiverCoalitionSD.org)**