



Building on Strengths

Caring for a spouse, parent or child who is ill, disabled or frail presents many challenges. This conference is about **YOU**, the caregiver.

Learn strategies that can help **YOU**. Learn from our speakers, connect with community resources, and hear from other caregivers. Build on **YOUR** strengths and take care of **YOU**!

3rd Annual Family Caregiver Conference
Saturday, January 25, 2014

8:30 am to 4:30 pm

Boise State University, Student Union

Cost: \$20/person includes Conference, Lunch, Community Resource Expo, and Parking.

Limited scholarships available.

Registration is required by January 23.

***To register, go to www.fiaboise.org
or call Friends in Action at 333-1363.***

Presented by



Friends in Action, a program of Mountain States Group Inc. is a non-profit dedicated to supporting family caregivers.

Building on Strengths

3rd Annual Family Caregiver Conference

Agenda

- 8:30 – 9:30 am Registration, Coffee, Resource Expo
- 9:30 – 11:40 am Welcoming and Breakout sessions (Continuum of Care; Compassionate Communication; and Caregiver Stress)
Stephanie Bender-Kitz, Sarah Toevs, Kristi Hartway, Beverly Lugo, Eric Wallentine, Danell Bleymaier and Dawneen Blakeslee
- 11:40 – 12:45 pm Resource Expo and Lunch
- 12:45 – 1:45 pm Breakout sessions
- 1:45 – 2:30 pm *Keynote: “Over the Edge: How losing my dad made me lose my mind and find my strength.”*
Catherine Serio PhD, Healthwise
- 2:30 – 4:00 pm STaR Power: Strengths, Team and Resources : Learn strategies that will leave you feeling “up to the tasks” required of you. *Cindy Anson, Boise State University*
- 4:00 – 4:15 pm Closing remarks

