

9TH ANNUAL

FAMILY CAREGIVERS RETREAT DAY

CARING FOR YOU SO YOU CAN CARE FOR THOSE YOU LOVE

Wednesday, November 8, 2023
9:30am-1:30pm

Hotel Indigo East End
1830 W. Main Street (Route 25)
Riverhead, NY 11901

To register or for information
contact Noelle Roth, LMSW,
at nroth4@northwell.edu or
(631) 548-6259

For more information visit
pbmhealth.org/caregivers-center
or scan the QR code, below right.

Agenda:

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| 9:30am-10:30am | Family Caregiver Community Resource Fair |
| 10:45am | Keynote Speaker: Dawn E. Shedrick, LCSW
<i>Moments in Care Giving: How Mindfulness
Helps Transform My Stress to Serenity</i> |
| 11:15am | Experts in Family Caregiving Q&A Panel |
| 12:30pm | Closing Session: Self Care for Caregivers with
Christine Gallo, LCSW, ACHP-SW, GC-C |
| 12:45pm-1:30pm | Raffle, Post Retreat Surveys
Thank you! |

Brunch will be served and all registered attendees will receive the book
Courageous Contemplation written by keynote speaker Dawn E. Shedrick

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