Special Thanks To:

Southeast Missouri State University Department of Social Work

Community Partnership of Southeast Missouri

WHO SHOULD ATTEND?
School Administrators and Staff
School Resource Officers
Judges and Prosecutors
Law Enforcement Staff
Probation and Parole Officers
Youth Counselors
Youth Workers
Social Workers
Case Managers
Social Service Administrators
ANYONE IN THE HELPING PROFESSION!

*contact hours available

DIRECTIONS:
Take exit 96 on I-55. Travel EAST on William Street. Turn LEFT on South West End Boulevard. Turn RIGHT onto Broadway Street. Turn LEFT onto Henderson Street.

DEMPSTER HALL is located to the RIGHT at the corner of Henderson Street and New Madrid Street. Park in Preferred Commuter B Parking Area in front of Dempster Hall.

Self-care Isn’t Selfish

Community Partnership of Southeast Missouri
30th Annual Conference
June 20th, 2019
8:30 AM-3:30 PM
Dempster Hall,
Southeast Missouri State University
Elia Moreno is the author of “Living Intentionally,” a book that depicts her own personal journey and hard earned insights on the importance of adding value to the lives of others in just 90 seconds. She is also author of newly published “Permission to Rest” a guide book that takes you from Compassion Fatigue to Compassion Satisfaction. Elia serves as the National Program Director for Beegle Communication Across Barriers and holds the position of National Director of Community Outreach for the No Excuses University Network of Schools, a growing network of 250 schools who promote college readiness for all students, especially those living in poverty. Elia serves on many boards and committees including a state board, Texas Christian Community Development Board. Elia is bilingual, and a master at assisting organizations and individuals who seek to implement fresh ways to connect with those living in poverty. Elia was selected as a 2015 USA Characters Unites Award Winner by USA Network, the winner of the 2016 Suddenlink Community Impact Award as well as bestowed the privilege of being named the 2016 Amarillo Beta Sigma Phi Woman of the Year. Most recently she was honored with the 2017 Amarillo Hispanic Heritage Lifetime Achievement Award.

Key Note Speaker

Elia Moreno, Author

8:30   Registration/Breakfast
9:00   Welcome
9:15   KEYNOTE SPEAKER
Elia Moreno, Author
10:15-11:15 Breakout Session (choose 1)
*Dr. Eric Becking- Never Stress Again- I Dare You
*Jeanie and Bob Dale- Steering Wheel or Life Preserver; Strategies for Self Care
*Sarah McNeil, Registered Yoga Teacher- Change your Breath, Change your Mind, Change your Life--Yoga for Self Care
10:15- 11:45 limited to 20 guests Elia Moreno, Permission to Rest, Paint Activity
11:30   Lunch on site
12:15- 1:15 Breakout Session (choose 1)
*Larry Lacey - Watch the Sparks Fly
*MaryAnn Farmer - Just Relax!
*Brian Williams - Feed Your Spirit
1:15  Break and Visit Booths
1:30-2:30 Breakout Session (choose 1)
*Linda Castillon, Certified TM Instructor- Introductory Lecture on Transcendental Meditation
*Pam Williams and Tammy Tankersley- Power Up: How to Fuel your Body to Power Through--a cooking demo
2:30  Break and Visit Booths
3:15   Closing Remarks
Dr. Duroseau
3:30   Evaluations