

2021 ANNUAL FAMILY
CAREGIVER CONFERENCE

THE CAREGIVER PROGRAM
OF SNAP PRESENTS

TRANSFORMATION *in*

The CAREGIVING JOURNEY

**Join us as we learn how to turn
our caregiving journey into a time
of self-reflection and growth.**

Keynote Presenters:

Loren Gelberg-Goff, MSW, LCSW, CHT

From "FINE" to Phenomenal

Joselyn Smith-Greene

Journaling 101: Develop Self-Awareness, Ease
Caregiver Stress, and Prioritize Your Well-Being

Date & Time

November 18, 2021

Time: 2:00-4:30pm



Itinerary

- 2-2:15pm: Welcome
- 2:15-3pm Loren Gelberg-Goff
- 3-3:15pm Break
- 3:15-4pm Joselyn Smith-Greene
- 4-4:30pm General Session/Closing

*BRING PAPER AND PEN

ZOOM

Meeting ID: 821 3862 5875

Passcode: 199087

Attend by phone:

+1 646 876 9923 US



(718) 527-5380

@Snap_Caregiver_program

www.snapqueens.org

THE CAREGIVER PROGRAM OF SNAP PRESENTS

Journaling through Caregiving Series with **Joselyn Smith-Greene**

Are you overwhelmed with your caregiving responsibilities?

Is your mind constantly racing into overdrive?

Are you physically exhausted, yet unable to fall asleep?

Are you always at the bottom of your “to-do” list?

In this 4 week workshop you will learn:



- The benefits of journaling
- Different types of journaling
- Practices to settle your mind
- How to set intentions that serve you
- How to gain clarity and objectivity
- Problem-solving journaling techniques



DATES

Wednesday, September 22nd & 29th, |1pm-2pm

MEETING ID:

Wednesday, October 6th & 13th, |1pm- 2pm

PASSCODE:

816 1905 7821

**We would love for you to attend all 4 sessions,
but we understand if you cannot make them all.**



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DATE **Friday May 21st, 2021**

MEETING ID: **874 0463 6584**

PASSCODE: **764226**

For more information please visit www.snapqueens.org

