

Our Vision

The Better Me, Better Moms Committee believes that through knowledge, support, and community connections all women can find worthiness, healing, and stabilization that will empower them to successfully meet the goals they have set for themselves and their families.

Childcare

Pre-registration for all childcare is required. Childcare is available on a limited basis for infants and toddlers. You are encouraged to find childcare for that day with your usual child care provider or with friends or with family. If you do need to bring your children, you will be responsible during the day for all diaper changes and feeding.

Cost

FREE with all food and beverages included. Registration is on a first-come basis.

Contact

Teryl MacDonald, PCAP Program Assistant
The Parent-Child Assistance Program
New Horizon Care Centers
PO Box 4627 • Spokane, WA 99220
509-838-6092 x322 • FAX 509-838-3840
tmacdonald@newhorizoncarecenters.org

Conference Agenda

8:30 – 9:00 a.m......Registration, Childcare
Registration, Exhibitor Booths, Refreshments

9:00 – 9:15 a.m...... **Welcome!**
Denise Joy, MACP, CDP, PCAP Clinical Supervisor

9:15 – 9:50 a.m...... **Keynote Speaker**
*Mary Testa-Smith, Department of Behavioral Health
and Recovery (DBHR) Certification Specialist*

9:50 – 10:00 a.m...... **Break: Networking
& Exhibitor Tables Open**

10:00 – 11:00 a.m...... **1st Workshop Sessions**

1. *Circle of Security: Fostering Healthy Attachments for Stronger Families* - Ashley Suter, Family Services Director MLK Jr. Family Outreach Center. Parents will leave the workshop with a better understanding of how to identify feelings, emotional needs, and acting out behaviors of their children in an effort to enhance how to strengthen healthy attachments with them.
2. *P.I.C.K. a Partner* - LeAnna Benn, National Director of Teen Aide Inc. Back by popular demand! This workshop teaches and explains the 5 aspects for the development of healthy relationships.
3. *Building Peaceful Homes* - Shawna Hill and Sara Foley, YWCA of Spokane Alternatives to Domestic Violence Program. This workshop will help to support mothers in creating healthy homes by giving information on how to build rituals and routines in families, teaching children self regulation skills, and offer resources for support.

11:00 – 11:15 a.m...... **Break: Networking
& Exhibitor Tables Open**

11:15 – 12:15 a.m...... **2nd Workshop Sessions**

1. *Strengthening Families: For parents with kids ages 10-14* - Alan Zeuge, Spokane County Prevention Coordinator. Using Love & Limits concepts, the workshop will conduct an abbreviated view of what the full class entails. Discussion of how families come together to be a stronger, healthier unit.
2. *Healing & Resiliency* - Erin Carden, Lutheran Community Social Services: Sexual Assault and Family Trauma Center. Participants will identify what child sexual abuse is and is not, what risk factors are, what to do if a child discloses abuse, and how to protect our children from sexual abuse.
3. *Mental Health Pampering: Taking Care of the Past to Take Care of the Future* - Alice Buckles,

MSW, MPA, LICSW, CDP. To help identify how unresolved issues from the past, intergenerational trauma, and family of origin roles can affect parenting. Participants will learn how mental health care should be a part of self-care, just like exercise, spirituality, manicures/pedicures, and social activities are. Discussion about the stigma of mental health issues especially in relationship to women and mothers.

4. *Nurturing Play* - Nick Flett, Children's Home Society Program Supervisor, Samantha Masters & Shelly Nelson, Parent Educators. Based on Parents as Teachers Program, this workshop will present ideas for simple home-made toys and activities that parents can use to help encourage children's growth and development, as well as strengthen the parent-child bond.

12:15 – 1:15 p.m...... **FREE LUNCH to attendees**
Catered by UGM Catering with Chef Steve Viers

1:15 – 2:15 p.m...... **3rd Workshop Sessions**

1. *Conflict Resolution* - John (Jack) Hebner, Executive Director Fulcrum Institute Dispute Resolution Clinic. To help identify how to help resolve parenting conflicts in violent and non-violent situations, as well as what the difference is between wants and needs of those in conflict.
2. *Medicine Wheel* - Nora Numkena, CDP Spokane Tribe of Indians. The workshop will teach the use of the Medicine Wheel as a tool to identify gaps in parenting and how to fill the gaps with mental, emotional, physical and spiritual knowledge and skills.
3. *Parents for Parents* - Heather Cantamessa, Parents for Parents Program Coordinator. The workshop will offer education, tips, and hope to those involved in the Child Welfare System, by conducting a brief overview of the H.O.P.E. class, which includes story sharing of other local veteran parents. Materials provided.
4. *Walk the Walk! Talk the Talk! See Your Doc!* - Lauren Warrick, Sr. Community Relations Representative and Torri Canda, Health Promotions Manager for Amerigroup-Washington. Discussion on ways for moms to be sure they are remembering to take care of themselves, so they are healthy to care for their children. Some of the topics covered will be healthy lifestyles, healthy diet, diabetes prevention, breast health, etc. There will also be discussion about the upcoming Medicaid expansion and The Washington Health Benefit Exchange, which applications begin October 1st, to try to answer any questions about eligibility and current health benefits.

2:15 – 2:30 p.m...... **Break: Networking
& Exhibitor Tables Open**

2:30 – 3:00 p.m...... **Wrap up & Drawings**
must be present to win

*Certificate of Attendance for those
who complete a conference survey.*

— **Workshops Subject to Change** —

FREE Registration: Better Me, Better Moms Conference

Do you need childcare? ☐ YES ☐ NO

Child's first name, age, and gender: _____

Name _____

Address _____

City/State/Zip _____

Phone/Email _____

Number your top workshop pick in order beginning with number 1, for each session — Workshops Subject to Change —

1st Workshop Session:

____ Circle of Security: *Fostering Healthy Attachments for Stronger Families*
____ P.I.C.K. a Partner
____ Building Peaceful Homes

2nd Workshop Session:

____ Strengthening Families
For parents with kids ages 10-14
____ Healing & Resiliency: *Understanding and Preventing Child Sexual Abuse*
____ Mental Health Pampering
____ Nurturing Play

3rd Workshop Session:

____ Conflict Resolution
____ Medicine Wheel
____ Parents for Parents
____ Walk the Walk! Talk the Talk!
____ See Your Doc!

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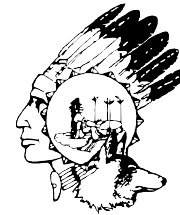


Thanks to our community partners:



SPOKANE COUNTY
Community Services,
Housing, & Community
Development Dept

eliminating racism
empowering women
ywca Spokane



Spokane Tribe of Indians
Substance Abuse
Program



Family of Faith
Community Church



Steffie Genevieve,
MSW, LICSW, SAP



*Better Me,
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Better Moms*

Tuesday, October 15, 2013
9 am to 3 pm
Family of Faith Community Church
1504 W Grace Ave
Spokane, WA 99205

**EMPOWERING WOMEN IN
OUR COMMUNITY TO BE THE
BEST MOMS THEY CAN BE!**

FREE event for moms