



SPECIAL NEEDS IN MY CITY

WWW.SNIMC.ORG, MODESTO, CA

5TH ANNUAL

HEALTH AND WELLNESS CONFER

**FOR PARENTS, CAREGIVERS AND EDUCATORS OF
CHILDREN AND ADULTS WITH SPECIAL NEEDS**

**SATURDAY, October 14, 2023
9:00 AM- 3:00PM
DoubleTree Hotel-Modesto, CA**

CONFERENCE AGENDA

MORNING SESSION:

- 9:00 -9:45 AM: Registration & Networking over Breakfast**
- 9:45- 9:55 AM: Opening Ceremony**
- 9:55-10:35 AM: “Identifying and Treating Depression and Anxiety” Jennifer Segura, LCSW, Kaiser Permanente**
- 10:35-10:55 AM Matt Devins, Ed. D., Executive Director, Stanislaus County Special, Education (SELPA)**
- 10:55-11:10 PM: Networking & Vendor Booths**
- 11:10-12:00 PM “Within the Context of Marriage, Couples and Family Systems, Managing Emotional & Mental Health Challenges. Dr. Jaspreet Rai, Psychologist, Kaiser Permanente**
- 12:00-1:00 PM: LUNCH BUFFET**

AFTERNOON SESSION:

- 1:00-1:30 PM “Managing Different Levels of Anxiety & Effects of Cannabis Use”, Teresita Amay, MD; Kaiser Permanente**
- 1:30-1:45 PM Stretch and Exercise Session**
- 1:45- 2:15 PM Special Needs Mothers' & Fathers' Panel**
- 2:25- 2:55 PM “Understanding Behaviors in Children”, Diane Stewart, Behavioral Therapist, Stanislaus County of Education (SCOE)**
- 2:55-3:00 PM Closing Ceremony**

Special Needs In My City, Helping Families with Special Needs
A 501C(3) NON-PROFIT ORGANIZATION
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