



Special Needs In My City

8th Annual Health and Wellness Conference

For Parents, Self-Advocates, Caregivers and Educators
Supporting Children and Adults with Developmental Disabilities

Saturday
November 14, 2026
9:45 AM- 3:15 PM

TIME	AGENDA
	Morning Session
9:00 AM:	Registration & Networking over Healthy Breakfast
9:30-10:00AM:	Opening Ceremony: Pledge of Allegiance-Led by Self-Advocates Meena Tadimeti, Executive Director, SNIMC Laura Granger, Executive Director, SELPA Margo Souza, Entrepreneur & Author, "When the World Said No" Lisa Culley- Executive Director, Family Resource Network
10:00-10:30 AM:	Matthew Blakeley, LMFT, BHMIII Kaiser Permanente Modesto-Area Director CV Behavioral Health Topic: "When Do I Step In and When Do I Step Back? Parenting Teens & Adults with Developmental Disabilities"
10:30-11:00 AM:	Navneet Sahota, D.O., Pediatrician Kaiser Permanente Modesto Topic: "Helping Children with Developmental Disabilities Manage Anxiety: What Parents Can Do and When to Seek Help"
11:00-11:30 AM:	Table Talk: SNIMC Networking
11:30 AM-12:00 PM:	Networking & Vendor Booth Presenters
12:00-1:00 PM:	HEALTHY LUNCH BUFFET
	Afternoon Session
1:00-1:30PM:	Andrew Timbie, CEO for Sierra Vista Child and Family Services- Topic: " From Challenge to Support: Connecting Families to Mental Health Services"
1:35-2:05 PM:	DAD'S Panel (addressing the use of Artificial Intelligence (AI), parenting, advocacy & managing stress
2:10-2:35 PM:	Stretch and Exercise with Lorie Avila
2:35-3:05 PM:	MOM's Panel (addressing the use of Artificial Intelligence (AI), parenting, advocacy & managing stress)
3:05-3:15 PM:	Closing Ceremony

