

Jamboree of Joy

Uplifting the Caregiving Journey

A gathering of those who care for their loved ones

Motivational Speakers • Interactive Sessions
Door Prizes • Ha-Ha-Spa • Complimentary Lunch

FSL will provide four events focused on emotional health. The jamboree themed events will feature self-care as the central subject. The activities will assist participants with:

- Reflecting on giving themselves credit for the tough work they do
- Recognizing their resiliency
- Moving away from the negative self-talk
- Practicing “Me Time”

**FREE TO
ATTEND!**

TIME: 9:00AM-2:30PM

MONDAY

SEP 23

2019

Ability 360
5031 E. Washington St.
Phoenix

<https://bit.ly/20SoJZE>

THURSDAY

OCT 24

2019

Rio Vista Recreation Center
8866-A W. Thunderbird Rd.
Peoria

<https://bit.ly/2YOKWf2>

TUESDAY

FEB 25

2020

Franciscan Renewal Center
5802 E. Lincoln Dr.
Scottsdale

<https://bit.ly/2YReQza>

SATURDAY

MAR 28

2020

Red Mountain Multigenerational Center
7550 E. Adobe Rd.
Mesa

<https://bit.ly/2YwgerS>

Visit www.FSL.org or call 602-285-0505 x153 for more information.
Information about Respite Care Available Upon Request.



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Arizona

EVENT AGENDA & SCHEDULE

- 9:00-9:30AM** Check in, refreshments, morning mixer
- 9:30-9:45AM** Welcome, Overview & Introductions
Nydia Montijo, FSL
- 9:45-11:00AM** Opening Session: Self-Compassion/Self-Care
- 11:00-11:15AM** Break & Transition to Lunch
- 11:15-12:00PM** Lunch with interactive musical and movement acts
(e.g., Harpist; Gentle Drumming)
- 12:00-1:00PM** Concurrent Break Out Sessions
- Celebrating Your Resilience Through Reflection
Jeanette Mallery, Institute for Healthcare Advancement
 - Telling our Own Stories: Faith, Trust, and a Pinch of Fairy Dust
Charlotte Bleh, Shanti Hospice
 - A Voyager's Relic: Crafting Your Personal Artifact
Jessica Carpenter, Wellness Staffers
- 1:15-1:45PM** Ending Session: Laughter Circle: The Ha-Ha Spa
Debbie Harbinson, Barrow Neurological
- 1:45-2:00PM** Door Prizes