

# The Coalition of Adoption & Foster Family Agencies (CAFFA) Welcomes

## You Owe Yourself the Love You So Freely Give to Others

*A Self-Care Workshop*

### A Free CAFFA-Sponsored Training

Child Welfare Professionals, Foster and Adoptive Families Welcomed!

**Saturday, June 8th, 2019 from 8:30AM to 3PM**

*Christ United Methodist Church, 633 Linwood Avenue, Olean, NY*



#### **SESSION 1:** Kelli O'Brien Watson, Keynote Speaker

**K**elli O'Brien Watson is a best-selling author, coach, presenter and the owner of Studio 8 Academy, an online holistic wellness education center. Recently, she co-founded Scriptor Publishing Group, Inc., a publishing company dedicated to helping fitness professionals share their stories and publish their books. Kelli holds a Master's Degree in Counseling Education and certifications in Personal Training, TRX and Youth Fitness. She is the author of Kelli's Quips: Happy Thoughts for Busy People and Finding My Way Back to Me: A Journey of Self-Discovery. She has also co-authored several books, including, most recently, the Amazon best-seller, Author University. She is a Platinum Level Coach for the Todd Durkin Mastermind Group where she provides business and personal development coaching for fitness professionals around the world. She also runs a life coaching program called *Finding My Way Back to Me*. Kelli is the recipient

of the Accent on Excellence Award for her work throughout her community, and she presents, locally and nationally, on topics having to do with health, wellness, mindset and performance. In 2013, she was honored to be a presenter for the first TedXUtica program. Kelli's life purpose is to create, motivate, support and inspire others to achieve their goals, and she does that with enthusiasm in whatever she pursues. However, she finds her greatest joy in the time spent with her family – Graeme, Marcus, Caitlin, Katie, Cameron and Kira – and their overly exuberant, and completely lovable, dog, Cody. Kelli will be leading an interactive “taking care of you” presentation, and will have resources available to continue your journey of self care.

#### **SESSION 2:** Kim Lamenda, Therapeutic Yoga Instructor

**T**his presentation will discuss what yoga and mindfulness (meditation, relaxation, etc) are and a general overview of benefits - especially with mindfulness in regard to the stress that can build in any type of family situation. Followed by a description of gentle yoga movements and a few minutes of quiet reflection are highly beneficial to all family members in helping motivate calming qualities, clarity, and self-reflection. She will demonstrate and lead group through examples of hatha (gentle yoga) movements that are accessible for just about every person, and demo modifications if needed for physical limitations, and complete by leading the group through a brief asana (yoga posture) flow that connects the poses just practiced into a sequence that can be done at home. Yoga mat required. CAFFA will have some mats available for use on a first-come, first-served basis.

#### **EVENT SCHEDULE:**

**8:30AM** Registration

(Includes Continental Breakfast)

**9:00AM-12:00PM** Session I

**1:00PM-3:00PM** Session II

**REGISTER BY June 1st, 2019:**

<https://tinyurl.com/caffaselfcare>

**Presented by:**

**The Coalition of Adoption &  
Foster Family Agencies**

