

NFFF SURVIVOR WELLNESS CONFERENCE
Red Lion Hotel on the River - Portland, Oregon
May 13-14, 2016

THURSDAY, May 12

Arrival Day - Welcome Reception begins at 7:00pm

Each participant attends each session; sessions will repeat, and groups will switch.

FRIDAY, May 13

7:00 Morning Exercise*

8:00 Breakfast/Welcome

9:00 Keynote Speaker: Donna Schuurman

Donna Schuurman, Ed.D, F.T., is Senior Director of Advocacy & Training and Executive Director Emeritus of The Dougy Center in Portland, Oregon. Founded in 1982, the Dougy Center is a grief and bereavement center that serves children, young adults, and families. Dr. Schuurman's keynote address will focus on factors that foster resiliency and post-traumatic growth.

10:30 Breakout Sessions: Where We've Been/Where We're Going

12:00 Lunch

1:00 & Taking Care of Your Physical Body

2:45 Focus on physical health, the effect of stress on the body, and action steps you can take to improve your cardiac and overall health.

1:00 & Taking Care of Your Mind and Emotions

2:45 Focus on how grief affects mental and emotional health, stress management, self-assessment, when to seek help, and how to keep yourself mentally and emotionally healthy.

4:15 Free Time/ Afternoon Walk*

6:00 Dinner/Musical Performance

SATURDAY, May 14

7:00 Morning Exercise*

8:00 Breakfast

9:00 & Essential Self-Care: Developing a Practice for Daily Use (Dr. Brenda Butterfield)

1:00 The Essential-Self Care Practice is an evidence based intervention grounded in theory and research. This daily practice incorporates mindful movement, meditation, prayer, and journaling and calls us to live a mindful, contemplative life, practicing kindness toward self and then others. At the core of this work is learning to BE one's true, essential self. People report improved peace of mind and overall wellbeing when the practice is used 4-5 times a week. This nurturing intervention symbolizes a mindful commitment to your care of self.

12:00 Lunch

9:00 & Vision Boards: Creating a Vision for Your Future

1:00 Visualization is a powerful mental exercise, used by athletes, businesspeople, and entrepreneurs to stay focused and reach goals. What we focus on often becomes what we experience. By creating a visual representation of where you want your life to go, you can help create your future. Come create a vision for your future.

4:00 Free Time/Afternoon Walk*

6:00 Dinner

* Participation in exercise sessions is optional, but encouraged! These sessions are designed to be accessible to all, no matter your current level of health or fitness. In keeping with the spirit of the conference, the focus is on showing up and working toward your goals to create a healthier future. Please wear comfortable clothing and shoes to these and all conference activities!