

2018 CPFA Mini Conference -- Schedule of Workshops

TIME	Workshops for Parents	Workshops for Parents	Workshops for Children (ages 7-9)	Workshops for Children (ages 10-13)
Registration: 8:30 - 9:30 AM	DOORS OPEN – LIGHT BREAKFAST AND REGISTRATION - Main Hall			
Session A: 9:30 – 10:30 AM	Staying the Course: The Importance of Emotional Regulation for Adoptive and Foster Families - Sharon Sorrentino-O’Keefe, Ph.D John O’Keefe	PAWSITIVE - Pet Therapy Prof. Jennifer George	9:30-10:00 Self-Esteem Boost - Cindy Lapidus 10:00-10:40 License Plate Activity Cindy Lapidus	“I Wish My Parents Understood – Kids Thoughts on Adoption”, based on the book, “Twenty Things Adopted Kids Wish Their Adoptive Parents Knew” by Sherri Eldridge. Rebecca Gallese, LCSW
Session B: 10:45 – 11:45	“The Adopted Child’s Journey: Questions along the Way”. Rebecca Gallese, LCSW	Movement, Breathing and Mindfulness Barbara Neiman, OTR	10:45-11:15 PAWSITIVE - Pet Therapy Prof. Jennifer George 11:15-11:45 YES, AND...IMPROV BUILDS STRONG MINDS!	10:45-11:15 YES, AND...IMPROV BUILDS STRONG MINDS! 11:15-11:45 PAWSITIVE - Pet Therapy Prof. Jennifer George
Break: 11:45 – 12:00 PM	MORNING BREAK WITH SNACKS - Main Hall			
Session C: 12:00 PM – 1:00 PM	Can We Talk? ‘Parents Only’ Open Discussion		Arts, Crafts & Play Shauna Cantor	Movement, Breathing and Mindfulness: Barbara Neiman, OTR
Lunch: 12:45-2:00 PM			<i>Pizza Lunch for Youth; Play, Arts & Crafts Activities, (Optional)</i>	
Lunch: 1:00-1:45 PM	Pizza Lunch for Adults (Optional)			
1:45-2:00PM	Closing Remarks.			