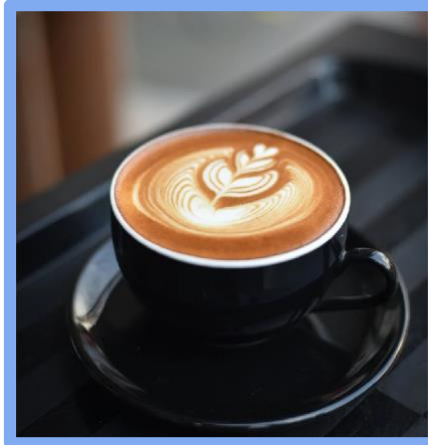




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COFFEE, CONVERSATIONS, & CAREGIVERS

A VIRTUAL CONFERENCE DEDICATED TO SUPPORTING CAREGIVERS THROUGH
CONNECTION, SHARED STORIES, AND PRACTICAL ADVICE.

November 19, 2025 ● 8:00 - 12:00 CST

8:00 - 8:10 am Welcome

8:10 - 9:00 am Brewing Up the Truth: Real Guidance vs. Online Noise with a focus on legal issues

9:00 - 9:15 am Coffee Break and Interactive Game

9:15 - 10:05 am Refilling Your Cup: Managing Stress Before It Spills Over to avoid caregiver burnout **11:05**

10:05 - 10:20 am Coffee Break and Mindfulness Moment

10:30 am - 11:00 pm A Cup for Every Season: Conversations on End of Life Across the Lifespan end of life planning

11:00 - 11:10 pm Break

11:10 - 12:00 pm Quick Sips of Wisdom: Everyday Shortcuts for Caregivers with a focus on practical tips