



**April 27**

8:30am-3:00pm

Chilliwack Secondary School,  
46361 Yale Road, Chilliwack

*25th Annual*

*Conversation on Chilliwack's Children*

*"Caring for the Caregiver"*

*A caregiver may be a parent, therapist, educator or  
service provider*

**REFLECT RESTORE REIGNITE**

Join us as we celebrate where we've been as a child and youth committee and where we're headed; learn how to reduce stress, preserve relationships, maintain a beneficial work/life balance, and nurture your mental and physical well-being; rekindle the flame to ignite passion for the work you do.

*Presentations by:*

*Dr. Rob Lees, Community Psychologist, Ministry of Children and Family Development*

*Dr. Gwen Point, University of the Fraser Valley Chancellor*

*Entertainment provided by Matt Johnson, Magic Show 2 Go; winner of Britain's Got Talent*

*Therapy and Self-care rooms*

*Health and Resource Fair*

*Buffet lunch provided*

**Register at [childandyouth.com](http://childandyouth.com)**

This free community event is funded by the agency partners of the  
Chilliwack Child and Youth Committee.