

HOPE & PURPOSE

Conference

Spiritual Formation • Mental Health • Social Learning

Please Join us for a Gathering for Christian Educators and Youth Workers

Saturday, June 1st • 9am to 2pm

First Baptist Church Eugene

Light Breakfast and Lunch Provided

Presentations from local Teachers, Behavior Specialists, and Mental Health Therapists



Carolyn Rexius LCSW

Founder of CAFA, Mentor of Teacher
in Conscious Discipline & Polyvagal
Theory



Kerri Sage

Behavioral Consultant & Social
Learning Specialist implementing
Conscious Discipline in District 4J



Heather Friesen

Bethel School District Teacher,
Integrating Mental Health and Trauma
Care in Classrooms



Julia Johnson

4J School District Outreach and
Reengagement Specialist



Julie Foshay

President and Director of Navigators
Home School Co-Op, CAFA Therapist
Intern Serving at Hosea



Corey Jackson LPC

Executive Director CAFA, Integrating
Spiritual Formation and Mental Health
Treatment with Neurobiology Focus



Sponsored By:



Safe Families for Children

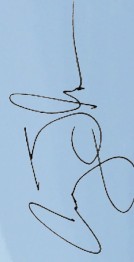
**Sign Up Now to Reserve
Your Seat at This FREE Event**

CAFA has a long history of equipping our community with information, skills and resources. Our mission “to make a safer place for children”, has been a catalyst for spreading knowledge, not just to those we serve within our walls, but those who live around us. Our hope is that this will give others the ability to live together well.

Many enter our doors not having the emotional or relational skills to be in safe connections with others. That means the children they are sharing life with are not only not being taught these skills, but they are suffering the negative effects of neglect, abuse, and toxic relationship patterns. This trauma impacts a child’s overall health and wellbeing. According to the CDC, experiencing a high level of adverse childhood experiences (ACEs), leads to chronic health problems, mental illness, and substance abuse in adulthood. Children become adults who struggle with anxiety, depression, insomnia, gastrointestinal and heart issues, and lack important social skills that are necessary to hold a job, maintain friendships, and live life well as a family. None of this is the fault of the child. In fact, chances are likely that it’s not the fault of the parent either. Somewhere along the way, something happened to someone that caused significant pain, distrust, fear and the need to defend oneself. That “something” has led to generational problems and pains. It sounds hopeless, but the good news is hope is real!

At CAFA, we are not afraid to acknowledge the pain, the fear, the hurt. We create spaces and opportunities for others to invite us into their process. We practice caring curiosity and invite those we serve to do the same for themselves and others. The strategies we teach and provide offer healthy, safe, meaningful connections and give everyone a chance to heal and do life well with others. Another piece to this hope is we know we are not alone in this work! Other organizations in Lane County are doing what they can to help our families and children heal and become stronger. That means this work is moving, finding a place to dwell in homes, neighborhoods, and the broader community.

To keep the momentum of this work moving, CAFA is reaching out to some essential people who impact our children’s lives in special, unique ways. On Saturday, June 1st, we are hosting a special learning day for educators and youth workers! This free event, the “Hope & Purpose Conference”, will provide tangible skills and information to those who speak into the lives of children and youth. If you are a teacher, a youth worker, a volunteer for your church’s Sunday school or after school program, this 1-day conference is especially for you! We will gather in faith to recognize how God is calling us to be light and peace in dark, tumultuous places for kids. We will hear from professionals who serve in the mental health and education communities locally. We will gather together to encourage one another to continue doing good work because our kids deserve safe spaces so they can become the people they were meant to be. Sign-up by scanning the QR code on the other side of this letter or visit us at www.cafaweb.com/events. We hope to see you there!



Corey Jackson, LPC
Executive Director