



GRAFTON
INTEGRATED HEALTH NETWORK

Solutions for Living. Solutions for Life.

Grafton's 3rd Annual Symposium

Fostering Resiliency in Children, Adolescents and Adults

Friday, October 21, 2016

National Conference Center
Leesburg, VA

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| 8:30 - 9:00 | Registration and Refreshments |
| 9:00 - 10:30 | Paul Gionfriddo , <i>CEO and President</i> , Mental Health America
Mental Health: Let's Act B4 Stage 4 |
| 10:30 | Break |
| 10:45 - 11:45 | Sharlene Stowers , <i>Director, Early Intervention Services</i>
It Affects Me Too! Strategies for Helping Infants and Toddlers Overcome Trauma |
| 11:45 - 12:30 | Dr. Jacquelynn Hollman , <i>Psychologist</i>
Working the Edges - Expanding the Resiliency in Children who have Experienced Sexual Trauma |
| 12:30 | Lunch |
| 1:00 - 1:30 | Fredrica Dooley-Brown , <i>Music Therapist</i>
Mind, Body, and Soul: Engaging the Whole Person Through Drumming |
| 1:30 - 2:30 | Cindy Windham , <i>Registered Dietician</i>
The Impact of Nutrition on Mood and Mental Health |
| 2:30 | Break |
| 2:45 - 3:45 | Bethany Dietz , <i>Director, Adult Services</i>
Enhancing the Resilience of Adults with Intellectual Disabilities |