

# ASDC Conference 2022 - Take the Sign-Seeing Route!

July 21-23 | Anaheim, CA



**An exclusive family fun-cation** with morning learning and afternoon field trips in ASL!

July 22, 2022

ASDC Conference | Friday Morning Workshop | 10:15 – 11:45 AM

## Keeping Families TOGETHER: Protecting Ourselves from the Unexpected

**Presented by: Dr. Jaime A.B. Wilson, Ph.D., ABN, ABPP**  
*Medical Psychologist | Board-Certified Neuropsychologist*

***Roy Holcomb Distinguished Lecturer | Keynote Speaker***

### **Workshop Description:**

In this day and age, families face an onslaught of issues coming at them from every direction. There's no question that the past three years alone have wreaked havoc on our psychological and physical health. Depression in the overall population has doubled, smoking has increased for the first time in two decades, and alcohol-related deaths and other substance abuse have increased by at least 31%. The list goes on. We will discuss ways to face the onslaught of life and other issues that can seemingly pop up out of nowhere. After all, keeping our families TOGETHER is key to happiness and optimum mental and physical health!