

Resources for  
Empowering Families



# CAMAS WELLNESS FESTIVAL

Oct 13, 2018 • 10<sup>AM</sup> - 5<sup>PM</sup>

EVENTS IN  
DOWNTOWN  
CAMAS:

Camas Public Library Dance Evolution  
Flow Hot Yoga Evolutions Preschool  
Lisa Lê Properties | A Boutique Experience

PRESENTED BY:



SPONSORED BY:

**Lisa Lê Properties Empress Yoga Evolutions Preschool**  
**Vancouver Wellness Studio Being UnNormal Juniper Tree Healing Collective**  
**The Tummy Team Cloud Chiropractic Flow Hot Yoga Woke Baking**  
**Lifeline Connections Fuel Medical Lacamas Counseling Karen Asbury, LMT**  
**Hidden River Roasters Unitus Community Credit Union**

LEARN MORE AND PRE-REGISTER:

[CamasWellnessFestival.com](http://CamasWellnessFestival.com)

 [CamasWellnessFestival](https://www.facebook.com/CamasWellnessFestival)

# Welcome to the Camas Wellness Festival

The Camas Wellness Festival is a Resource for Empowering Families within the Community of Camas and surrounding areas with a full day of events, talks, interactive dance and yoga in 6 Camas locations.

All sessions, classes and workshops are FREE!

At the end of the festival, join us for an uplifting celebration uniting us as a community at Salud! We will host a raffle to raise money for for Dance Evolution, a 501(c)(3) promoting health and wellness in our community. Proceeds from the raffle will go toward starting the Embody Love and Dance Program, which will offer interactive and transformative workshops that empower local girls to be confident, strong, kind and compassionate. Embody Love and Dance will also offer dance scholarships to girls in financial need, ensuring their access to regular studio classes.

## Sessions and Events in Downtown Camas Locations:

### Camas Public Library / Zen Zone

625 Northeast 4th Avenue

### Evolutions Preschool / Wellness Marketplace

1004 Northeast 4th Avenue

### Dance Evolution

334 NE 4th Ave

### Flow Hot Yoga

321 NE 4th Ave

### Lisa Lê Properties | A Boutique Experience

418 NE 4th Ave

### Salud! Wine Bar and Storage

224 NE 3rd Avenue



# Evolutions

Evolutions Text

501c3 info

Preschool vs Studio



# Presenting Sponsors



## Dance Evolution

Dance Evolution is a 501(c)(3) non-profit dance studio in the heart of Downtown Camas. It was founded in 2014 by Aspen Tufares and her sister, who grew up in the Camas / Washougal area. Dance Evolution provides high quality dance classes to children and adults in a noncompetitive, fun environment.



## Camas Public Library

The Camas Public Library serves our community by offering a meeting place for story times, book clubs, yoga, dance, crafting, music, art, STEM activities, and just getting together to visit. In addition, the staff advocate for literacy and wellness, which includes social and emotional literacy.



## Friends & Foundation of the Camas Library

The mission of the Friends & Foundation of the Camas Library (FFCL) is to build and enhance a partnership between the Camas Public Library and the community in order to promote literacy and quality library services and programs.



## MOMS Club® of Camas

The MOMS Club® of Camas serves our community by providing stay-at-home-moms a way to meet other moms with similar interests and offering a variety of activities and playgroups.



## Embody Love Movement®

The vision of Embody Love Movement® is to create a world of unconditional love in action. The mission is to empower girls and women to celebrate their inner beauty, commit to kindness, and to contribute to meaningful change in the world. Embody Love Movement is a 501(c)(3) non-profit organization.



360.231.7864

418 NE 4th Ave.

## Lisa Lê Properties, A Boutique Experience

It is my honor and pleasure to serve you. Thank you for allowing me to assist you with your real estate needs.

I am passionate about guiding buyers to the ideal property in our community. Selling your home? I'll help you not only get top dollar but also find buyers who will love your home as much as you do.

I build long-term relationships with my clients;

I take the time to know you, to learn your needs and understand your goals. I'm excited to meet you and learn how my team and I can be of value to you!

**A special offer for the  
Camas Wellness Festival**

*As a gift for entering  
a buyer's or seller's  
agreement with  
Lisa Lê Properties,  
please accept a  
**\$500 Gift Certificate**  
to any Downtown  
Camas merchant.*

# Adolescent Mental Health Summit

10 am	<p><i>Recognizing Anxiety &amp; Depression</i> Jamie Califf, LMHC, Charis Counseling Associates</p>	Meeting Room A
	<p><i>Good Seeds: How to Plant Positive Outcomes and Overcome Adversity</i> Rachel Leigh, ProActive Vision</p>	Meeting Room B
	<p><i>Inspiring Children in STEM</i> Sue Bluestein, Educator, ESD 112</p>	Young Adult Reading Room
11 am	<p><i>Mindful Parenting</i> Kaleigh Boysen, LMFT</p>	Meeting Room B
	<p><i>How to Achieve Better Posture &amp; Ergonomics in a Technology-Driven Culture</i> Moriah Diederich, RYT-500, Yoga Mojo &amp; Movement Therapy</p>	Meeting Room A
12 pm	<p><i>Youth Suicide Prevention</i> Rebecca Lomeland, LMHC, Lacamas Counseling, Jeana Gannon-Gonzales, AFSP - Oregon Chapter, Sheryl Stephen, Our City Cares</p>	Meeting Room A/B
1 pm	<p><i>Performance Culture &amp; Academic Stress</i> Aurora Remember Holtzman, School Psychologist</p>	Meeting Room A
	<p><i>Modeling Peace: Stress Management and Coping Skills</i> Rachel VanWoert, Wellness Renegade</p>	Meeting Room B
2 pm	<p><i>Thriving in a Comparison Culture</i> Danielle Savory, Danielle Savory Coaching</p>	Meeting Room A
	<p><i>Building Community Connections to Prevent Drug and Alcohol Abuse</i> Trista Wolles, MHP, CG, Lifeline Connections</p>	Meeting Room B

3 pm

*Your Teen's Secret Life at School and Outside Your Home*

Alan Chan, Catholic Community Services, Kimberly Berry, Being UnNormal, Jennifer Ireland, Educator

Meeting Room A/B

## Unitus Community Corner

12 pm - 3:45 pm

*How to finance college and successfully transition from High School to Post-Secondary Education and into Adulthood*

Lori Williams, Unitus Community Credit Union

Young Adult Reading Room

12:00 - 12:45pm

1:00pm -1:45pm

2:00pm -2:45pm

3:00pm - 3:45pm

## Zen Zone

**Holistic Chamber of Commerce**  
[holisticchamberofcommerce.com](http://holisticchamberofcommerce.com)

**All Sports Massage**  
[allsportscamas@gmail.com](mailto:allsportscamas@gmail.com)

**Peace Yourself Together**  
[peaceyourselftogether.net](http://peaceyourselftogether.net)

**Unitus Community Credit Union**  
[unitusccu.com](http://unitusccu.com)

**The Joyful Path**  
[thejoyfulpath.com](http://thejoyfulpath.com)

**Hello Fresh**  
[hellofresh.com](http://hellofresh.com)

**Loving Life Health**  
[lovinglifehealth.tips](http://lovinglifehealth.tips)

**Lifeline Connections**  
[lifelineconnections.org](http://lifelineconnections.org)

**Charis Counseling**  
[chariscounseling.com](http://chariscounseling.com)

**Children's Home Society - Triple Point Program**  
[childrenshomesociety.org/clark-cowlitz](http://childrenshomesociety.org/clark-cowlitz)

# Trauma, Loss, and Healing

**10 am - 11:15 am**

*Understanding How Trauma Impacts Families*

Marnee Alfson, LMHC Associate River Bend Counseling

**11:30 am - 12:45 pm**

*How to Cope With Loss*

Ann Allen, RN

**1 pm - 2:15 pm**

*Crystal & Tibetan Singing Bowl Meditation*

Anna Axlund, In Tune Health and Fitness

**2:30 pm - 3:45 pm**

*Personal Energy Skills - 5 Keys to Creating Great Relationships*

Greg Asbury, The Joyful Path

**4 pm**

*Creating Queer Spaces*

Stephen Herndon, The Children's Home Society - Triple Point Program



# Embody Love, Dance and Yoga

**10 am - 11:45 am**

*Love In - Shine Out:  
A Workshop for 7 - 11 Yr.  
Old Girls*

Minta Allred, Yoga with Minta,  
Erika Levy, Empress Yoga

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**12 pm - 12:45 pm**

*Self-Care for Parents: An  
Experiential Workshop*

Kendall Hagensen,  
Psychotherapist + Clinical  
Director, Vancouver Wellness  
Studio and Krystal Meyer, LMT

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**1 pm - 2 pm**

*Mindful Movement for  
Disabilities*

Aspen Tufares, Dance Evolution

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**2:30 pm - 3:30 pm**

*Moving Meditation*

Aspen Tufares, Dance Evolution

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**4 pm - 5pm**

*Ready Set Grow  
Multitasking Mama Yoga*

Daniele Strawmyre

**11:30 am - 12:30 pm**

*Family Yoga*

Erika Levy, Empress Yoga

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**1 pm - 3 pm**

*Embody Love Workshop*

Minta Allred

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**3:15 pm - 5:15 pm**

*Inner Beauty Shop for  
Teen Girls*

Minta Allred, Yoga with Minta,  
Erika Levy, Empress Yoga

# Early Learning and Postnatal Wellness

10 am - 11 am	<p><i>Top 10 Myths &amp; Misconceptions About Breastfeeding</i></p> <p>Bryna Sampey, IBCLC Doula My Soul</p> <p><i>Healthy Postpartum Transitions</i></p> <p>Priscilla Gilbert, LMHC and Natalie Chambers, LMHC Lacamas Counseling</p>	<p>Meeting Room A</p> <p>Meeting Room B</p>
11:30 am - 12:30 pm	<p><i>Immune Support for Kids and Families</i></p> <p>Megan Burns, L.Ac., RHAhg and Haley Vilhauer, CHPC, RDN, CD, Vancouver Wellness Studio</p> <p><i>Reclaiming Your Body in the Midst of Motherhood</i></p> <p>Kelly Dean, MPT The Tummy Team</p>	<p>Meeting Room A</p> <p>Meeting Room B</p>
1 pm	<p><i>MOMS Club Meet Up</i></p> <p>Sponsored by New Seasons</p>	<p>Meeting Room A</p>
2 pm - 3 pm	<p><i>Super Yogis</i></p> <p>Erika Levy, RYT-200, Empress Yoga</p> <p><i>Supporting Breast and Belly Health Naturally</i></p> <p>Karen Asbury, LMT</p>	<p>Meeting Room A</p> <p>Meeting Room B</p>
3:30 pm - 4:30 pm	<p><i>Imagination Yoga</i></p> <p>Shelby Holmes</p> <p><i>Cooperative Culture</i></p> <p>Camas-Washougal Co-Op</p>	<p>Meeting Room A</p> <p>Meeting Room B</p>

Enter from parking lot facing 3rd, Camas Friends Church

# Wellness Marketplace Demos

**10 am - 10:30 am**

*Music FunTime Demo for 2 - 5 Yr. Olds*

Opus School of Music

**11 am - 11:30 am**

*Music FunTime Demo for 2 - 5 Yr. Olds*

Opus School of Music

**12 pm - 12:30 pm**

*Wiggles, Music and Movement for Babies+*

Miss Jessi, Dance Evolution

**1 pm - 3 pm**

*Live music by Dane DeLloyd*

Learn more at: [facebook.com/delloyd.cosby](https://facebook.com/delloyd.cosby)

# Marketplace Vendors

DoTerra

Young Living

MOMS Club

Vancouver Wellness

C-W Co-Op

Seacret

The Tummy Team

Amare Global Wellness

Woke Baking

Karen Asbury Integrative  
Bodywork

Davis Family Chiropractic

Embody Love Movement

Namaste Happy

Empress Yoga

Arbonne

Chalk Couture

Jenni Wilson Photography

Snap Fitness

TriOasis

Rodan + Fields

Burntown Fitness

Blossom Natural Health  
and Wellness

# Closing Ceremonies & Raffle, 5-8pm

*Join us for an uplifting celebration uniting us as a community, featuring music by Dan Dingman!*

Our RAFFLE is a fundraiser for Dance Evolution, a 501c3 nonprofit promoting health and wellness. Proceeds go toward the Embody Love & Dance Program, which offers FREE community classes for girls between the ages of 2 - 18. Includes dance and yoga classes that empower girls to be confident, strong, kind, and compassionate.

## *Featuring Raffle Donations from:*

Kind Heart Adventures	Bodywork
Doula My Soul	Dance Evolution
Vancouver Wellness Studio	Camas Hotel
Juniper Tree Healing Collective	Loving Life HealthTriOasis
The Tummy Team	The Soap Chest
Karen Asbury Integrative	Camas Beauty Bar

## *How to Enter the Festival Raffle:*

To enter the online raffle, go to:

**[go.rallyup.com/camaswellnessfestival](http://go.rallyup.com/camaswellnessfestival)  
or text "Embody Love" to 855-202-2100**

You'll receive a link to enter the raffle. The raffle will close Sunday, October 15th at midnight and winners will be drawn on Monday morning. You do not need to be present to win.



[empresyoga.com](http://empresyoga.com) | [facebook.com/empresyoga](https://facebook.com/empresyoga) | [@empresyoga](https://twitter.com/empresyoga) | [@erikalevy](https://twitter.com/erikalevy)

## Empress Yoga

Empress Yoga specializes in yoga for women, infants and children. Owner Erika Levy, RYT-200, is certified in Postnatal / Baby and Me, Toddler Yoga, Preschool Yoga, Imagination Yoga, and CorePower Yoga. We are a mobile business and can travel to you for classes, field trips and special events.



**Toddler & Me Yoga**  
Mondays, 10 - 11am  
Lacamas Lake Lodge

**Super Yogis**  
Wednesdays, 3:30 - 5:30pm  
Lacamas Lake Lodge



**Toddler & Me Yoga**  
Tuesdays, 11am - 12pm  
Juniper Tree Healing Collective

**Family Yoga**  
Saturdays, 11:30am - 12:30PM  
Hot Flow Yoga

Learn more and links to register at: [EmpressYoga.com](http://EmpressYoga.com)

# Festival Schedule

## Camas Public Library 625 NE 4th Ave.

## Lisa Lê Properties 418 NE 4th Ave

	Room A	Room B	Young Adult Room	
10				
10:15	Recognizing Anxiety & Depression	Good Seeds: How to Plant Positive Outcomes and Overcome Adversity	Inspiring Children in STEM	Understanding How Trauma Impacts Families
10:30				
10:45				
11	How to Achieve Better Posture & Ergonomics in a Technology-Driven Culture			
11:15		Mindful Parenting		
11:30				
11:45				
12				How to Cope With Loss
12:15	Youth Suicide Prevention		Unitus Community Corner	
12:30				
12:45				
1				
1:15	Performance Culture & Academic Stress	Modeling Peace: Stress Management and Coping Skills	Unitus Community Corner	Crystal & Tibetan Singing Bowl Meditation
1:30				
1:45				
2				
2:15	Thriving in a Comparison Culture	Building Community Connections to Prevent Drug and Alcohol Abuse	Unitus Community Corner	
2:30				
2:45				
3				Personal Energy Skills - 5 Keys to Creating Great Relationships
3:15	Your Teen's Secret Life at School and Outside Your Home		Unitus Community Corner	
3:30				
3:45				
4				
4:15				
4:30				Creating Queer Spaces
4:45				
5				

 Kid-Friendly Sessions

**Evolutions Preschool**  
1004 NE 4th Ave.

**Dance Evolution**  
334 NE 4th Ave

**Flow Hot Yoga**  
321 NE 4th Ave.

Room A	Room B	Wellness Marketplace		
 Top 10 Myths & Misconceptions About Breastfeeding	 Healthy Postpartum Transitions	 Music FunTime Demo for 2 - 5 Yr. Olds		
			Love In - Shine Out: A Workshop for 7 - 11 Yr. Old Girls	
		 Music FunTime Demo for 2 - 5 Yr. Olds		
 Immune Support for Kids and Families	 Reclaiming Your Body in the Midst of Motherhood	 Wiggles, Music and Movement for Babies+		Family Yoga
			Self-Care for Parents: An Experiential Workshop	
 MOMS Club Meet Up			Mindful Movement for Disabilities	
		Live music by Dane DeLloyd		Embody Love Workshop
 Super-Yogis	 Supporting Breast and Belly Health Naturally			
			Moving Meditation	
 Imagination-Yoga	 Cooperative Culture			
			Ready Set Grow Multitasking Mama Yoga	Inner Beauty Shop for Teen Girls

Closing Ceremonies and Raffle  
5-8pm  
at Salud! Wine Bar and Storage

### **Building Community Connections to Prevent Drug and Alcohol Abuse**

**Camas Library, Room B, 2-3pm**

This interactive workshop presented by Trista Wolles will introduce the basic concepts of youth drug and alcohol prevention, while answering questions on how one might approach the conversation of drugs and alcohol with their teens, even if the parent has had a history of use. This workshop will also provide community resources to help parents actively engage in the prevention of drugs and alcohol in today's social climate.

### **Creating Queer Spaces**

**Lisa Lê Properties, 4-5:15pm**

Stephen will be having a conversation on LGBTQ youth and how do we create safe spaces in our schools and homes. We will be discussing LGBTQ+ terms and definitions as well as answering any questions you may have. Youth are re-defining Gender and sexual orientation and we all need to be aware in this ever changing world. Please join our open and safe conversation.

### **Crystal & Tibetan Singing Bowl Meditation**

**Lisa Lê Properties, 1-2:15pm**

Anna Axlund with InTune Health & Fitness will host a gentle & relaxing meditation using Crystal & Tibetan Singing bowls. These instruments have been used for thousands of years in vibrational and sound healing.

### **Embody Love Workshops**

**Hot Flow Yoga**

**Ages 7 - 11                      10-11:45am**

**Ages 12 - 18                    3:15-5:15pm**

**Adult women                1-3pm**

Three transformational workshops for women and girls, ages 7 and up, that take participants on a journey toward self-love and acceptance.

### **Family Yoga**

**Hot Flow Yoga, 11:30am-12:30pm**

Family Yoga provides an excellent space

for the entire family to bond and connect while simultaneously stretching, strengthening, and relaxing. Come practice yoga in a fun, playful space and go on yoga adventures to the jungle, the sea or outer space! This class is appropriate for walkers and up with parents or caregivers. No yoga experience is necessary.

### **Good Seeds: How to plant positive outcomes and overcome adversity**

**Camas Library, Room B, 10-11am**

Rachel Leigh, Founder and Head Coach at PROactive Vision, will talk about her experience of sharing life with a professional high performing athlete and how the pressures negatively impacted their family. Learn why mastering the "Mental Game" is the key to overcoming life's adversity.

### **Healthy Postpartum Transitions**

**Evolutions Preschool, Room B, 10-11am**

Join us for a conversation about adjusting to life during and after baby. We will be focusing on bringing awareness, validating, normalizing, and providing relief in the midst of adjustment and possible distress. We welcome birthing and non-birthing partners alike.

### **How to achieve better posture & ergonomics in a technology-driven culture**

**Camas Library, Room A, 11am-12pm**

Chronic pain is on the rise among Americans, including issues involving the neck, shoulders, back, hips and knees. Chances are pain in one of these areas has affected you and your ability to fully enjoy life. This workshop will explore posture and ergonomics in our culture today, and how they affect us. Learn how to re-align your body while sitting and standing to help alleviate tension and reduce pain.

### **How To Cope With Loss**

**Lisa Lê Properties, 11:30am-12:45pm**

Ann Allen, RN helps people heal their lives after loss. She'll explore this thing called loss and see what it really is, and then



identify the inevitable grief that accompanies it. Once we realize the impact grief has on our lives, we'll talk about how to actually deal with it.

### **Immune Support for Kids and Families**

**Evolutions Preschool, Room A,  
11:30am-12:30pm**

Discussion on ways to support the kids and family through season changes. This class will discuss ways to incorporate essential oils, herbs and foods as a way to support the immune system and keep the family healthy as we transition into the fall and winter.

### **Inner Beauty Shop for Teen Girls**

**Hot Flow Yoga, 3:15pm-5:15pm**

Register your teen daughter, ages 12 - 18, in a session that will empower her to embrace her inner beauty, commit to kindness and make meaningful change in the world! Meanwhile, enjoy the Adolescent Mental Health Summit or peruse the Wellness Marketplace or Zen Zone.

### **Inspiring Children in STEM**

**Camas Library, YA Room, 10-11am**

STEM (science, technology, engineering and Math) are the jobs of the future. Learn about what you can do to encourage and support your child in STEM subjects.

### **Imagination Yoga**

**Evolutions Preschool, Room A,  
3:30pm-4:30pm**

Shelby Holmes takes kids on imaginative musical yoga adventures, inspiring them to be boldly kind with their words, thoughts, and hearts. This is a drop-off class for kids ages 4 - 12 so you can enjoy the festival while your kids play yoga!

### **Learn how to use oils, herbs and food for immune support for kids and families**

Megan Burns, Licensed Acupuncturist and Chinese Herbalist and Haley Vilhauer at Vancouver Wellness Studio will lead a discussion on ways to support the kids and family through season changes. This class will discuss ways to incorporate

essential oils, herbs and foods as a way to support the immune system and keep the family healthy as we transition into the fall and winter.

### **Love In - Shine Out Workshop for Girls (ages 7-11)**

**Dance Evolution, 10am-11:45am**

The Love In-Shine Out™ Workshop takes girls, ages 7-11, on a journey toward love and acceptance of themselves and others. They learn how what they think, feel and say impacts the people around them. They will be empowered to celebrate their inner beauty, commit to kindness, and to contribute to meaningful change in the world.

### **Mindful Movement for Disabilities**

**Dance Evolution, 1-2pm**

Founder of Dance Evolution, Aspen Tufares, will lead a class for ages 5-16 for children of all disabilities. It is a music and movement class to get them moving and connecting with their bodies. We will explore how the body moves to different types of music and rhythms. Parent assist and participation is welcomed.

### **Mindful Parenting**

**Camas Library, Room B, 11am-12pm**

Parents will leave this session feeling more empowered and confident in their parenting. This session is for the parent who is feeling stressed and overwhelmed and struggling to be the parent they want to be. Kaleigh Boysen can help guide you toward being the calm, cool, collected parent you know you can be.

### **Modeling Peace: Stress Management and Coping Skills**

**Camas Library, Room B, 1-2pm**

62% of teens say stress and anxiety have a larger impact on their lives than they say to parents and adults. How we, as parents, handle stress and life's pressures can be reflected in our children's coping skills as well. How we practice self care guides our child's beliefs over the long term. In this session, Rachel will teach us how to model the skills we want for our kids.

### **Moving Meditation**

**Dance Evolution, 2:30-3:30pm**

Founder of Dance Evolution, Aspen Tufares, will lead a free form dance class for adults to learn to move freely to different types of music. We will begin with an introduction, stretch and warm-up. Then, we will talk about the benefits of dance and movement in connection to wellness before we begin a free form dance experience.

### **Multitasking Mama Yoga**

**Dance Evolution, 4-5pm**

Mamas will learn functional anatomy for the postpartum body, how to break harmful habitual movement patterns and find proper postural alignment in a fun class that incorporates yoga, foundational Pilates and fundamentals of dance. This class will make you sweat, it will definitely make you laugh, and help you to increase your body intelligence so you can feel strong and pain-free while doing all the things that mamas do. It doesn't matter what size you are or what your level of fitness is, this class will help you find more efficiency of movement, empowerment over your health and well being, and strength in the everyday, because her postpartum body is beautiful and so is yours.

### **Performance Culture & Academic Stress**

**Camas Library, Room A, 1-2pm**

The teen years are turbulent enough for everyone, but add in the intensity of high academic expectations that only seem to have increased with time, and that time can be even more challenging to navigate. In this interactive presentation, Aurora will share about the 5 areas of stress, why focusing on achievement alone can actually decrease achievement, and building coping tools to increase energy and resilience. The audience will then have the opportunity to share their own experiences and strategies for building their own self-care tools and those of their teens.

### **Personal Energy Skills - 5 Keys to Creating Great Relationships**

**Lisa Lê Properties, 2:30-3:45pm**

Greg Asbury is a highly skilled life coach, teacher, and practicing shaman. He will discuss 5 basic energetic skills to manage your relationships. He will also introduce a simple map of personality that can help you understand your kids, your partners, your relatives, your colleagues and improve your listening.

### **Reclaiming Your Body in the Midst of Motherhood**

**Evolutions Preschool, Room B, 11:30am-12:30pm**

Kelly Dean, MPT will share essential education on how the body was designed and give practical strategies to restore functional core strength that may have been lost in the midst of motherhood. We will explain diastasis recti, why you may still look pregnant far after baby was born, and why your body might feel like it is falling apart and how you can start feeling stronger today. This is information that everyone will benefit from whether you are currently pregnant, never had babies or have had your babies years ago.

### **Recognizing Anxiety and Depression**

**Camas Library, Room A, 10-11am**

In this session Jamie Califf, LMHC will explore the symptoms and various manifestations of anxiety and depression in children, teens and young adults. We'll seek to answer questions such as: How does it start? What should I be watching for? When should I be concerned? How do I talk to my child about what he/she is experiencing? What tools and resources are available to help?

### **Self-Care for Parents: An experiential Workshop**

**Dance Evolution, 12pm-12:45pm**

In this experiential, relaxed, body-oriented workshop, Kendall and Krystal from the Vancouver Wellness Studio Healthcare Team will explore the unique yet common self-care and stress management needs of parents, and some tangible AND manageable tools to incorporate at home.

## **Super Yogis**

**Evolutions Preschool, Room A, 2-3pm**

Parents can drop off their kids, ages 5 - 8, for a free demo of Erika's new after school program, Super Yogis. We'll go on yoga adventures that stretch our minds and bodies; Learn how to become the Captain of our calm and cultivate kindness.

## **Supporting Breast and Belly Health Naturally**

**Evolutions Preschool, Room B, 2-3pm**

Karen Asbury will explain what you can do to support the health of your breasts, digestive and reproductive system naturally. Breasts are amazing organs that receive little attention until there is a problem. Massage is well documented to reduce pain and swelling, as well as promote circulation and relaxation. Conditions such as breast pain, congestion, pre-menstrual swelling, and fibrocystic breasts may all respond to massage treatment.

## **Thriving in a Comparison Culture**

**Camas Library, Room A, 2-3pm**

The act of comparison is prevalent in our culture. Starting at a young age when we learn that achievement and praise is often gained when we are "outdoing" our peers in some way. During this session you will understand how the system of social comparison negatively effects the minds of both our children and ourselves. You will learn that attempts to boost self-esteem will continuously fall short and what can actually be done to support both the child and the parent from compare and despair.

## **Top 10 Myths & Misconceptions About Breastfeeding**

**Evolutions Preschool, Room A, 10-11am**

A FAQ for breastfeeding and lactation, as well as some myth-busting and guidance around the internet's best & worst breastfeeding advice. Lots of time for support & questions from nursing parents, too!

## **Understanding How Trauma Impacts Families**

**Lisa Lê Properties, 10-11:15am**

This session will touch on what trauma is and how to identify signs of trauma within classrooms, and homes.

## **Why a Preschool Co-Op?**

It Takes Village! Come hear from Elaine Walker and Julie Taylor with the Camas-Washougal Parent Co-op Preschool about what makes the co-op culture different from other methods of early childhood learning.

## **Your Teen's Secret Life at School and Outside Your Home**

**Camas Library, Room A/B, 3-4pm**

Kimberly Berry will be joined by Skyridge Middle School teachers and mental health professionals to address hot topics like social media, bullying, effective consequences, stigma, and how to talk to your children about mental health.

## **Youth Suicide Prevention**

**Camas Library, Room A/B, 12-1pm**

One of the scariest and most confusing situations to deal with is knowing how to help a young person who is suicidal. This panel discussion, hosted by Kimberly Berry, is designed to arm you with the basic information and skills you need to successfully intervene in order to give hope and save a life.

### Alan Chan

Alan has been involved in community-based mental health services in the Clark County area for six years. Providing services to at-risk youths with chronic and complex mental health needs, Alan has supported families through individual skill-building, in-home crisis intervention & de-escalation, proactive safety planning, and help facilitate team-building with community partners and natural supports through the Wraparound approach. Alan now also shares his years of experience supporting new hires through formal training and individual field coaching to enhance their skills supporting the most vulnerable children and families in our community.

### Ann Allen, RN

Ann Allen helps heal people's lives after loss. The Grief Recovery Method changed her life and she viewed things. She was trained by Russell Friedman, the former go-to Grief Recovery expert on CNN and co-author of *The Grief Recovery Handbook*, *When Children Grieve*, and *Moving On*.

### Anna Axlund

[intunehealthandfitness.com](http://intunehealthandfitness.com)

Anna is certified through the American Counsel on Exercise and has taught a variety of group fitness classes, including Yoga, since 2012. She specializes in Corrective exercise and has been attuned as a Reiki II practitioner as well as completed her intermediate training as a Harmonic Sound Therapist. She is passionate about supporting others in their journey to wellness!

### Aspen Tufares

[danceevolutionfitness.com](http://danceevolutionfitness.com)  
[evolutionspreschool.com](http://evolutionspreschool.com)

Aspen Tufares is an entrepreneur and advocate for health and wellness. Aspen started Evolutions Preschool and is a founding member of the local Camas non-profit Dance Evolution and the Camas Wellness Festival. In addition to being an entrepreneur, Aspen has an MS in Clinical Psychology and has worked for several years in a classroom setting with children

of varying degrees of mental and physical disabilities. Aspen has an extensive background in dance starting with Gymnastics, Modern, Hip-Hop and Latin, and currently enjoys teaching dance and fitness at Dance Evolution. She believes that movement and music are the key to connecting the mind and body on the path to overall wellness.

### Aurora Remember Holtzman

[auroraremember.com](http://auroraremember.com)

Aurora is a school psychologist, educational specialist, coach, writer and podcaster who helps outside-the-box thinkers use their fire without getting burned through her *Embracing Intensity Podcast*, coaching, writing and strengths-based psycho-educational assessment and consultation.

### Bryna Sampey

[doulamysoul.com](http://doulamysoul.com)

Bryna became certified as an IBCLC in 2010 after 4500 hours of experience. She's a doula that specializes in high-risk and surgical birth, as well as complex cases. When not working directly with clients, Bryna's passion lies in education. She is committed to sharing evidence-based scientific, technical, emotional, and social knowledge about the childbearing years to parents and professionals alike. Locally, she offers a free weekly circle for nursing parents at Wattle Tree Place, a local parent-cafe in uptown Vancouver, WA.

### Daniele Strawmyre

[andreadysetgrow.com](http://andreadysetgrow.com)

As a professional choreographer, dancer, and movement educator of over 25 years, with a focus on prenatal and postpartum health for the last 5 years, as well as being a mother of two, Daniele has a unique perspective on the challenges women and mother's bodies face daily. Daniele helps women develop ""body intelligence"". Adopting a combination of yoga, foundational Pilates, and fundamentals of dance, she teaches women exercises to break bad habitual movement patterns, improve posture, and avoid injury.

**Danielle Savory**

[daniellesavory.com](http://daniellesavory.com)

Danielle Savory is a Master Certified Life Coach and Mindfulness Teacher and Speaker. She applies the ancient wisdom of mindfulness and the most current practices and neuroscientific research to our real modern lives to create the mindset and internal resources needed to live a life full of ease, confidence and pleasure. She regularly delivers down-to-earth talks and workshops for the audiences of Nike, KATU News, various women leader summits and podcasts.

**Elaine Walker**

Elaine is in her eighteenth year as a teacher at the Camas Washougal Parent Co-op Preschool. She lead the 3s classes for 12 years and transitioned as the full time 4s teacher in 2012. She is also a member of the National Association for the Education of Young Children.

**Erika Levy**

[empressyoga.com](http://empressyoga.com)

Erika Levy specializes in yoga for women, infants and children. Erika is a Registered Yoga Teacher with Yoga Alliance and certified in Postnatal / Baby and Me, Toddler Yoga, Preschool Yoga, Imagination Yoga for children 2 - 12, and CorePower Yoga. She is also a certified facilitator of Embody Love Movement, offering workshops for girls, teens and adult women.

**Greg Asbury**

[thejoyfulpath.com](http://thejoyfulpath.com)

Greg has worked with world leaders including the President of the U.N. and other heads of state to map out pathways to a future that recognize the possibility of global change and peace. He also works personally with clients to realize their own power and manifest new possibilities. He is a graduate of Healing the Light Body School® founded by Alberto Villoldo PhD. Today, he sees clients in private sessions and leads classes in personal energy.

**Haley Vilhauer**

[vancouverwellnessstudio.com](http://vancouverwellnessstudio.com)

A Registered Dietitian Nutritionist since 2003, Haley is passionate about helping individuals, families, classrooms and workplaces achieve better health.

**Jamie Califf**

[chariscounseling.com/providers/jamie-califf/](http://chariscounseling.com/providers/jamie-califf/)

Jamie Califf is a Licensed Mental Health Counselor (LMHC) in Washington State and a National Board Certified Counselor (NBCC). She received her Master's degree in Counseling in 2013, and has worked in a variety of settings from community mental health to private, non-profit counseling center. Jamie currently focuses on working with children, teens, and young adults experiencing stress, anxiety, depression, PTSD, adjustment and behavior concerns. She also utilizes play therapy, sand tray therapy, mindfulness techniques and parent coaching in sessions to optimize client and family involvement toward change.

**Jeana Gannon-Gonzales**

<https://afsp.org/chapter/afsp-oregon/>

Jeana has been a Chapter Volunteer since 2016. She works with the education team giving free public presentations about suicide prevention. Jeana has a BS in Health Education as well as a BS in Community Health. She is currently working with local high schools to bring the curriculum, More Than Sad to students, teachers, staff and parents. Jeana is also on the committee for the Portland Out of Darkness Community Walk.

**Jennifer Ireland**

Masters in Teaching K-12 Special Education. National Board Certified Teacher - Exceptional Needs. 22nd year teaching students to identify their areas of strength and weakness and using that information to overcome challenges and be the most successful, happy and productive member of our community.

### **Kaleigh Boysen, LMFT**

[kaleighboysenlmft.com](http://kaleighboysenlmft.com)

Kaleigh Boysen helps parents support their children's emotional health as well as their own. As a Licensed Marriage & Family Therapist and Parent Coach, Kaleigh works with parents to help them understand their children's behavior and teach them the tools they need to guide their children through social and emotional challenges. Prior to becoming a therapist, Kaleigh had a career as a pre-K and elementary school teacher and has always enjoyed working with children. After becoming a parent herself she found a new appreciation for the overwhelming challenges that parenthood can bring and felt called to help other parents navigate these challenges, while drawing on personal experience as a parent and her expertise in child development and education.

### **Karen Asbury, LMT**

[karenasbury.com](http://karenasbury.com)

### **Kelly Dean, MPT**

[thetummyteam.com/camasWA](http://thetummyteam.com/camasWA)

Kelly is a neuromuscular re-education Physical Therapist specializing in the functional rehabilitation of the internal muscles of the core and pelvic floor. She has created a comprehensive, realistic and effective approach to treating diastasis recti, low back pain, pelvic pain and instability, pelvic floor dysfunction and so many other core related conditions. Kelly has presented at medical schools, medical conferences and birth centers across the country.

### **Kendall Hagensen**

[vancouverwellnessstudio.com](http://vancouverwellnessstudio.com)

Kendall Hagensen is a Psychotherapist as well as the Clinical Director of Vancouver Wellness Studio. She works with adult individuals living with Chronic Pain and Medical Illness. Kendall is a Somatic or Body-Oriented Psychotherapist, which means that she utilizes our innate mind-body connection as a tool in counseling. She specializes in, and is passionate about, working with adults of all ages living with Chronic Pain and Medical Illnesses.

### **KC Johnson**

[namastehappy.life](http://namastehappy.life)

KC's approach to yoga, running and life promotes balance, healing, positive mindset, and body acceptance. After battling depression, anxiety and an unhealthy lifestyle, KC was forever changed when she found yoga & running. Now called to share these lessons, she hopes to empower everyone to strive for happiness, not perfection.

### **Kimberly Berry**

[beingunnormal.com](http://beingunnormal.com)

Kimberly Berry is the founder of Being UnNormal, a consulting and advocacy group that assists parents navigate the world of mental health through a peer support model. She is also the host of the podcast Being UnNormal which explores issues within the mental health community with a specific emphasis on children's mental health issues.

### **Krystal Meyer, LMT**

[vancouverwellnessstudio.com](http://vancouverwellnessstudio.com)

### **Marnee Alfson**

Marnee believes we gain strength, courage and confidence by every experience we choose to walk through. Trauma therapy is an important part of hope in helping other survivors live their lives free of the pain they have experienced. Marnee has been trained by the author and developer of Story Informed Trauma Therapy, Byron Kehler, MS. She has worked with survivors of various traumas such as sexual and/or domestic assault, natural disasters, displacement, first responders, war vets, attachment, relationships, body image, life transitions and mood management.

### **Megan Burns, L.Ac., RhAhg**

[vancouverwellnessstudio.com](http://vancouverwellnessstudio.com)

Megan Burns is a professional member of the American Herbalist Guild and served as Academic Dean of Daoist Traditions College of Chinese Medical Arts for three years. Megan has a firm belief that our bodies possess an innate wisdom to heal, and she is honored to serve as a guide for her clients. She integrates her knowledge of herbal medicine

(Western and Chinese), Aromatherapy, Food Therapy and Chinese Medicine to support each client based on their individual needs.

**Minta Allred**  
[yogawithminta.com](http://yogawithminta.com)

Minta Allred, E-RYT 500, RCYT is a Yoga teacher, facilitator-trainer, conscious activist and social entrepreneur. She has studied with a variety of teachers covering a vast array of approaches to yoga. Minta has not only taught hundreds of adult classes and workshops, but she has also incorporated yoga for kids and teens as well as prenatal yoga classes into her teachings. She has offered several after-school enrichment programs for children of all ages. As an Ambassador for Embody Love Movement, she inspires teens and women to find inner peace and outer purpose through self-acceptance.

**Moriah Diederich**  
[youryogamojo.com](http://youryogamojo.com)

Moriah Diederich is a certified Holistic Yoga Therapist, RYT500 and Accessible Yoga Ambassador, and has been featured on KGW8 Portland Today. She owns Yoga Mojo & Movement Therapy in Vancouver, WA, where she offers holistic yoga therapy and private yoga classes customized for each client and their specific needs.

**Natalie Chambers, LMHC**  
[lacamascounseling.com](http://lacamascounseling.com)

Natalie Chambers specializes in supporting individuals and couples through post-partum transitions, trauma, anxiety, depression and more. She strives to provide a nonjudgmental, warm, and empathetic atmosphere where clients will feel cared for, accepted, challenged, and empowered.

**Priscilla Gilbert, LMHC**  
[lacamascounseling.com](http://lacamascounseling.com)

Priscilla Gilbert is the owner of Lacamas Counseling Professional Offices. As a counselor she specializes in supporting people through perinatal and postpartum distress, grief, anxiety and depression, life transitions, and identity enrichment.

**Rachel Leigh**  
[proactivevision.net](http://proactivevision.net)

Rachel's soul focus is to assist transitioning adolescents into becoming thriving proactive and healthy adult contributors to society. She is a life "doer" and now a life editor and has been enriching lives for 20+ years. She teaches Pacific Northwest athletes and students how to direct the energy of their mind to create new neuronal pathways for peak performance, overcome adversity and anxiety, and learn how to create positive outcomes in their lives.

**Rachel VanWoert**  
[wellnessrenegade.org](http://wellnessrenegade.org)

Rachel VanWoert has been in PR and program management working with food, nutrition and community health that has spanned 15 years. In her 30's she became a Life Works trainer, volunteering to teach the ASIST suicide prevention model. Her focus in the last 5 years has been foster care reform and teen adoption, speaking with potential and new parents on setting traumatized children up for success in safe created spaces.

**Rebecca Lomeland, LMHC**  
[lacamascounseling.com](http://lacamascounseling.com)

Rebecca has worked with troubled youth for several years in various settings, such as group homes, juvenile hall, shelters, classrooms, camps, and youth groups. Now as a licensed counselor, she continues to pride herself in working with young people to help them overcome personal obstacles and reach their full potential.

**Shelby Holmes**

### **Sheryl Stephens**

[ourcitycares.org](http://ourcitycares.org)

Sheryl started a movement of hope and an organization called Our City Cares. The organization exist to unite city governments, schools, business people and churches around the tragedy of suicide. Sheryl knows first hand the pain of loosing a loved one to suicide. Her son Jon very unexpectedly took his own life in August of 2016. Our City Cares is most known locally for its Signs of Hope campaign whose impact currently is very visible around town.

### **Stephen Herndon**

[childrenshomesociety.org/clarkcowlitz](http://childrenshomesociety.org/clarkcowlitz)

Stephen (Turtle) Herndon is with the Children's Home Society and Triple Point LGBTQ+ youth program in Vancouver WA as a group facilitator and program planner. Triple Point has become a leader in our Community for creating a safe space for LGBTQ+ youth to grow and thrive through weekly support groups. The Children's Home Society provides child and family counseling with many LGBTQ+ specialist Therapists.

### **Sue Bluestein**

[esd112.org/stem-initiatives](http://esd112.org/stem-initiatives)

Sue has been an educator in Washington State for over 30 years. She is passionate about learning and cultivates a love for science and math by working with teachers and parents "Npowering STEM".

### **Trista Wolles, MHP, CG**

[lifelineconnections.org](http://lifelineconnections.org)

Trista was born and raised in Gladstone, Oregon and has been a resident of Clark County for 15 years. She graduated with an associate's degree in chemical dependency counseling and master's degree in Art Therapy Counseling. She has been working in the counseling field for more than 5 years, with experience in working with youth and adults. She has served on the steering committee for PREVENT! Coalition, a youth drug and alcohol prevention coalition in Clark County. Additionally, she has served as a board member for Free Arts Northwest, a nonprofit organization that focuses on

bringing art to children, free of charge, throughout the Portland/metro area.

### **Zoe Kromer**

Zoe Kromer is an Embody Love Movement facilitator, yogi, artist, dancer, and avid learner. She is currently working towards her Bachelors Degree in Holistic Counseling, with an emphasis on the mind-body connection through yoga. She plans to create a career path in which she can facilitate healing through the means of movement, nutrition, lifestyle, and positive mindset.

This space reserved for Shelby Holmes, Krystal Meyer, and Karen Asbury



# Being Unnormal

[beingunnormal.com](http://beingunnormal.com) | [facebook.com/beingunnormal](https://facebook.com/beingunnormal) | [@beingunnormalpodcast](https://twitter.com/beingunnormalpodcast)

Kimberly Berry is the founder of Being UnNormal, a consulting and advocacy group that assists parents navigate the world of mental health through a peer support model. She is also the host of the podcast Being UnNormal which explores issues within the mental health community with a specific emphasis on children's mental health issues. Kimberly brings with her over 20 years of corporate, non-profit, and small business experience to the table.

Kimberly is also a Co-Founder of the Camas Wellness Festival and Producer of the Adolescent Mental Health Summit.



### Vancouver Wellness Studio

800 Franklin St, Suite #200, Vancouver  
vancouverwellnessstudio.com

Vancouver Wellness Studio is a unique place for whole-person healthcare in Vancouver, Washington. We are a dynamic team of holistic health professionals who work together to provide quality, cohesive care for the mind, body, and spirit. Our individual services include Mental Health Counseling, Chinese Medicine and Acupuncture, Naturopathic Medicine, Nutrition Counseling, Massage Therapy, and Fitness Training.



**JUNIPERTREE**  
Healing Collective

### Juniper Tree Healing Collective

5115 NE 94th Ave Suite D, Vancouver  
junipertreehealing.com

We offer Therapeutic Body Work, Sports and Thai Massage, Gua Sha, Cupping, Reiki, Energetic & Vibrational Medicine, Natural Skin Care, Personal Training, Tai Chi, Yoga & Meditation and Behavioral Health Services. Our beautiful studio space is available for specialty classes, workshops and events and is home to "The Kangen Experience" a one of a kind Water Bar providing antioxidant rich water for revitalized cells and healthy hydration!



### The Tummy Team

3400 SE 196th Ave #106  
thetummyteam.com/camasWA

The Tummy Team is a group of highly trained Core Rehabilitation Specialists™ who use a unique approach of neuromuscular re-education and functional integration to help you heal. They effectively treat common conditions that plague mothers like Diastasis recti, low back pain, sciatica, umbilical hernias, pubic bone pain and preparing physically for childbirth and birth recovery.



### Cloud Chiropractic

3400 SE 196th Ave #106  
cloudchiropracticclinic.com

Cloud Chiropractic Clinic is a boutique clinic that specializes in treating pregnant, postpartum and pediatric patients. We provide gentle, safe, chiropractic and craniosacral treatment in a comforting and family friendly environment.



### Flow Hot Yoga

321 NE 4th Ave  
flow-hotyoga.com

Flow Hot Yoga is the premier HOT YOGA studio in Vancouver & Camas. We offer 60 minute hot yoga classes in a warm environment, hands on training, and a beautiful yoga community. Hatha, Vinyasa, Deep Stretching, Yoga Sculpt, Barre, Family Yoga & more! When in doubt, sweat it out!



### **Woke Baking**

WokeBaking.com

Founder Jon O'Keeffe, a long time baker decided that he needed to change how he fundamentally lived his life. All natural, vegan, small batch cookies that taste magical, have a low glycemic-index and are made with sustainably sourced ingredients.

### **Fuel Medical Group**

FuelMedical.com

Fuel Medical Group was founded in 2010 with the goal of providing custom solutions for ENTs, audiologists, otologists and universities. Since then, Fuel has grown to over 90 employees making Fuel one of the fastest growing private companies in the area.

### **Lifeline Connections**

1601 E 4th Plain Blvd Bldg. 17, Ste. A212  
Vancouver

Lifelineconnections.org

Lifeline Connections is a private, not for profit 501(c)(3) corporation that has served the community since 1962. Lifeline Connections helps struggling adults find hope and healing. We treat substance use and mental illness with deep compassion and steadfast care.

### **Lacamas Counseling**

3400 SE 196th Ave, Ste. 102  
lacamascounseling.com

At Lacamas Counseling we seek to bring healing, restoration, and peace to the individuals, couples, and families that we encounter. We believe that no one should have to face life's problems alone, so we provide support to our clients as well as try to build and restore the relationships in our clients' lives.

### **Karen Asbury Integrative Bodywork**

Karenasbury.com

Karen offers sacred healing space and has been in private practice as a licensed massage therapist since 2011. She believes that body, mind and spirit are inseparable and that freeing restrictions in the body is a powerful and efficient route for restoring well-being.

### **Hidden River Roasters, LLC**

536 NE 5th Ave.

Hiddenriverroasters.com

Here at Hidden River Roasters we understand that the best things in life are memories made with those that matter most to you. Let our masterfully roasted coffee be the trigger that whisks you away to those special times and places with each and every sip.

### **Unitus Community Credit Union**

800 SE 192nd Ave, Vancouver  
unitusccu.com

You work hard for your money. Shouldn't your money work hard for you? Unitus is a modern financial institution for hard-working people who are going places. For people who have big dreams for the future and the guts to make them real. For people who want to be smart about money and turn their knowledge into wisdom.

### **New Seasons Market - Fisher's Landing**

2100B SE 164th Ave., Vancouver  
newseasonsmarket.com/our-stores/  
fisherslanding/

Join Anjela Ford-Glueckert for Toddler Parent Support Group every THURSDAY, 10AM - 11:30AM. Meet other families with toddlers and pre-school age children to share your parenthood journey, receive helpful support and discover the resources available to nurture your family and yourself. Free drop-in group, no need to register.

Clark County Crisis Services Southwest  
Washington Crisis Line  
800.626.8137

Behavioral Health Crisis Services  
24 hours a day, 7 days a week  
[clark.wa.gov/community-services/](http://clark.wa.gov/community-services/)  
[clark-county-crisis-services](http://clark-county-crisis-services)

Suicide Prevention Lifeline  
1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)  
[facebook.com/800273talk](https://facebook.com/800273talk)

Teen Suicide Hotline  
800-TLC-TEEN  
[teenlineonline.org](http://teenlineonline.org)  
[@teenlineonline](https://twitter.com/teenlineonline)  
[facebook.com/teenlineonline](https://facebook.com/teenlineonline)