

Caring for the Whole Person 2025 Fall Quarterly Seminar

Expanding Your Awareness of Life-Changing Events



Saturday, November 8th

8:30 am - 1:00 pm

**San Rafael Catholic Church
17252 Bernardo Center Drive
San Diego, CA 92128
Parish Hall**

(Located east of church, with flagpole out front)

Light snacks provided



**Call or text to register
619.988.6533**



SAN RAFAEL
PARISH



DFPI

INSTITUTE OF
FINANCIAL PROTECTION
& RECOVERY



Join us for a morning filled with the most up-to-date information on important topics:

PALLIATIVE CARE BASICS

Presenter: Sharon Hammill, PhD

Learn what palliative care is, how it supports those with serious illness, and how to access it. Dr. Hammill will explain the differences between palliative and hospice care and share practical self-care techniques for navigating difficult times.

EXPANDING YOUR CIRCLES

Presenter: Rebecca Fountaine, LCSW

Explore the effects of social isolation and loneliness as we age. This session will highlight how to stay connected, the impact of disconnection on health, and ways to maintain meaningful relationships and community ties.

RECOGNIZING AND PREVENTING FINANCIAL FRAUD AND SCAMS

Presenter: Sally Westlake, DFPI

Gain tools and tips to protect yourself from scams and fraud. Learn to spot red flags, understand common and emerging scams, and access resources for reporting and recovery.