



JEFFERSON COUNTY VETERANS EXPO

Free family friendly event designed to educate our community on veteran's issues, services, & resources.

- VA Benefits
- Oregon Department of Veterans Affairs:
 - Aging Services
 - Women Veterans "I Am Not Invisible" Exhibit
- HUD-VASH Program
- Central Oregon Vet Center
- BestCare Suicide Prevention & Awareness
 - Johnathan Courtney 11:45 am
- Veterans Association of Real Estate Professionals
- Military HelpLine
- 22 Outdoors
- National Guard Family Programs
- Wreaths Across America
- American Red Cross Programs:
 - Mindfulness Workshops (sign up required)
 - Disaster Preparedness for Kids
 - *Disaster Dog Puppet Show 10:30 am & 12:30 pm
 - *Kids Pillow Case Program 11:30 am (Grades 3-5)

JEFFERSON COUNTY VETERANS SERVICE OFFICE 541-475-5228

***Date: Thursday,
June 20, 2019***

***Time: 10:00 am
to 2:00 pm***

***Location: 860
SW Madison St.
Madras, OR***

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- *Free BBQ*
 - *Rodders
Classic Cars*
 - *Free haircuts
& massage*
 - *Raffles*

**MINDFULNESS
REGISTRATION:**

[http://mindfulnessworkshop
vetexpo.eventbrite.com/?s=
94234511](http://mindfulnessworkshopvetexpo.eventbrite.com/?s=94234511)

10:00 am & 1:30 pm

Jefferson County Veterans Expo June 20, 2019 Schedule of Events:

- 9:00 am *Vendor Set Up*
- 10:00 am
 - **Event Starts**
 - **Mindfulness Workshop** (Conference Room) **pre-registration required**. Service members, veterans, and their families are taught how to improve their wellbeing through skills that connect the body with the mind. Learn foundational tools to reduce stress and improve personal wellness. Max class size of 12. If the class is not full, speak to the instructor and request to be added. Register <http://mindfulnessworkshopvetexpo.eventbrite.com/?s=94234511>
- 10:30 am **Disaster Dog Puppet Show** (Back Lawn)
All ages welcome. Taught by the American Red Cross; designed to teach young children what to do in an emergency.
- 11:30 am **Kids Pillow Case Program** (Back Lawn) Recommended for children in grades 3-5. Red Cross staff and volunteers show students the kinds of items they should put in their pillowcase and have with them if they have to leave home following a disaster. Instructors share key skills for coping with the stresses of disasters and teach students about protective measures to take during a disaster.
- 11:30 am – 1:00 pm **Lunch Served**
- 11:45 am **Presentation by Johnathan Courtney** (Conference Room) **Veteran Peer Support Specialist/ Suicide Prevention & Awareness Coordinator with BestCare**. Overview of the Connect Veteran Suicide Prevention Training that is free to Jefferson County Veterans.
- 12:30 pm **Disaster Dog Puppet Show** (Back Lawn) All ages welcome. Taught by the American Red Cross; designed to teach young children what to do in an emergency.
- 1:00 pm **Raffle Drawings** (must be present to win)
- 1:30 pm **Mindfulness Workshop** (Conference Room) **pre-registration required**. Service members, veterans, and their families are taught how to improve their wellbeing through skills that connect the body with the mind. Learn foundational tools to reduce stress and improve personal wellness. Max class size of 12. If the class is not full, speak to the instructor and request to be added. Register <http://mindfulnessworkshopvetexpo.eventbrite.com/?s=94234511>
- **2:00 pm Event Ends → Clean Up**