



STATEWIDE TRAINING ADVISORY
NETWORK OF DELAWARE

2026 *Conference* MENTAL HEALTH & WELLNESS *Part 2*



FRIDAY
SEPTEMBER 11, 2026



TIME
9:00 AM – 4:00 PM



LOCATION
GSS BUILDING
600A S BAY RD, DOVER, DE 19901

INVEST IN YOU. IMPACT EVERYONE.

Join us for a powerful day of learning, connection, and inspiration as we continue the conversation around mental health and wellness in the workplace and in life.

**SCAN TO
REGISTER!**



OR VISIT: <https://square.link/u/ozodZrpK>



REGISTRATION FEE
\$10 PER PERSON
DISCOUNT FOR STAND MEMBERS!

Together, we STAND stronger!



LEARN



CONNECT



GROW



THRIVE

2026 CONFERENCE AGENDA MENTAL HEALTH & WELLNESS PART 2

9:00 AM –
9:30 AM

**WELCOME, NETWORKING
& BREAKFAST**

9:30 AM –
11:00 AM

JAIME BUFFALOE

DHSS

*From Struggle To Strength:
Turning Personal Challenges into
a Passion for Workplace Wellness*

11:00 AM –
12:30 PM

DR. AVA CARCIRIERI

Self Care 101

12:30 PM –
1:30 PM

LUNCH
(1 HOUR)

1:30 PM –
2:30 PM

DR. TRACEY CONNOLLY

Emotional Intelligence

2:30 PM –
4:00 PM

**MATTHEW JOHNSTON
& JENN FORD**

**MENTAL HEALTH
ASSOCIATION IN DELAWARE**

Mental Health 101

4:00 PM

CLOSING REMARKS



**Share resources and
promote training as a
valuable tool**