



2009 Report

***The Eleventh Annual Journey: A Young Women's Conference
Honor the Past. Live the Present. Become the Future!***

*Submitted April 25, 2009
By Kori Wilford, 2009 Conference Co-Chairperson
www.fortcollinsjourneyconference.org*

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Journey Mission Statement

Our mission is to mentor, motivate, and inspire young women in Poudre School District through a dynamic and meaningful intergenerational conference experience that empowers them to change their world.

Summary Statement

Journey: A Young Women's Conference is dedicated to the idea that women of all ages and backgrounds have much wisdom and life experiences to share with one another. The conference focuses on issues faced by adolescent girls and provides a forum for them to do the following:

- ❖ Discuss in a safe environment issues of personal growth, safety and health
- ❖ Meet women who through their lives model self-confidence and success
- ❖ Learn new ways of dealing with everyday problems
- ❖ Begin to create networks of like-minded young women
- ❖ Find strength in unity

The Journey Young Women's Conference brings together women from a variety of backgrounds, ages and competencies to address issues important to the healthy, successful growth of adolescents. Journey provides young women with accessible, inspiring role models, and gives experienced women an enlightened view of the potential of today's youth. The event is designed for young women, by women, and is the only one of its kind in Fort Collins.

The Journey Conference accommodates up to 300 young women and 50 chaperones. Many students attend throughout their high school experience. Journey is entirely funded and organized by donations and volunteer support. The conference is offered free of charge to female PSD students grades 10-12 on a first-come, first served basis.

2009 Journey Conference Steering Committee

Michelle Bellows, Girl Scouts Mountain Prairie Council

Michelle Falzone, Community

Judy Filusch, American Association of University Women

Peg Frohberg, Community

Shelly Hill, The Group, Inc.

Cate Jesser, recent PSD graduate

Marsha Kaplan, Retired Social Worker

Judy Lilly, Retired PSD Teacher

Lynda Lloyd, Community

Linda Maher, Community

Browne McGraw, Larimer County Department of Justice

Ashley Mertz, Student

Amanda Mills, Poudre School District/Sexual Assault Response Team

Lizzy Slatt, Sexual Assault Victim Advocate Center

Karen Streeter, American Association of University Women

Maggie Tibbetts, Therapist

Kori Wilford, Larimer County Department of Health

Annette Zacharias, Women's Resource Center



**Journey Conference
March 3, 2009
Overall Evaluation of Conference**

- 49.8% Caucasian /White
- 3% African American/Black
- 39.9% Hispanic/Latino
- 1.5% Asian
- 0% Middle eastern
- 0% Pacific Islander
- .5% Native American
- 4% Other: _____

**Journey Conference
March 3, 2009
Overall Evaluation of Conference**

280 young women registered, 202 surveys collected

The keynote address in the morning by Susan Mead was: 79% responded "excellent" or "good"

The lunch time "drum circle" by Gwilda Wiyaka was: 71% responded "excellent" or "good"

The capstone presentation "Until Someone Wakes Up" was: 94% responded "excellent" or "good"

My overall evaluation of this conference is: 97% responded "excellent" or "good"

I would attend again next year if possible: 77% responded "definitely" or "probably" and 23% responded that they were unable to attend next year because they were currently seniors.

I would recommend this conference to a friend: 99% responded "definitely" or "probably"

What are your plans after high school?

27 % WORK 1% MILITARY 40% COLLEGE 13% MARRIAGE 18% TRAVEL 2.3% VOCATIONAL 1% Other

What new ways did you hear today for dealing with the every day problems that young women face?

- Just look up
- To be strong and open
- To ask questions
- About how women now can be more independent
- To talk to someone, have someone there
- Taking care of yourself in every aspect
- I learned that it benefits me to keep trying no matter how many times you fail
- I learned to say "no."
- Be calm, live in the now!
- Talk to somebody that will help you.
- Feeling good in your own skin
- How to defend myself more
- Use your voice!
- We have the right to say no
- Just to stay positive
- Take it in strides, different ways people deal with problems

Talk with others, speak up and do what ever you want!
Exercise
Sometimes, we don't say no but we mean no
To be strong and be yourself
That there is always someone to talk to
Talking about it
Take care of yourself
You can talk to people, there are many resources
Be aware
Don't be afraid to ask for help
Stay strong
That no matter what you go through there will always be people to help.
Relax
Confidence, appreciation, trying, and faith.
I learned how to better manage stress in my everyday life.
Releasing your thoughts and feelings
Get help from family and friends
Take care of your body
Be healthy in what I eat and to take care of myself
Talking to someone you trust
Be strong, find friends, use resources
To be independent, strong, and healthy.
Yoga to deal with stress
Yoga, expression through art/writing and exercise
I learned never to give up
Yoga, meditation, healing herbs and counseling
Measure success differently, talk to others
Friends, adults you trust, doctors, and yoga
Always believe in yourself, follow your heart and make the right decisions.
Don't let anyone put you down
Take a moment to relax and then try and find a solution
There are many ways out
Going for dreams and not letting guys put you down about them.
Keep you chin up!
Facing rape and how to fight back
Financial and health problems
If someone tells you that you can't do something, do it anyway and prove them wrong!
Yoga and dancing!
Ask questions, use your words
Believe in yourself
Accept yourself cause chances are other girls are not satisfied with themselves either
Exercise and good food helps stress
Knowing that I'm not alone
What to do when I need help
Follow your dreams
Find inner, healthy confidence
Realizing that everyone goes through problems

Communication, common ground, find your passion
Rape is never your fault
To never give up, to believe in myself
Follow your dream
Just breathing and letting everything go
Abstinence
Talking to people around you who care
How to proceed with a dream
Breathe. Take everything calmly as we're not the only ones going through something difficult.
Have a positive mind toward everything
Don't let others get you down or tell you that you can't just because you're a girl!
Trust yourself, your instincts in order to take care of yourself
Be open to talk to people, love yourself
If you feel uncomfortable, say no
Be confident, stand up, be powerful
Be strong, be yourself
Be confident in your own skin
Becoming me and holding on to who I am
Feel good about yourself
I can say no and I have the right to.
Not everything will go your way, but in the end everything will be okay.
Express yourself
Stay positive
You really have to know what you are dealing with
Stop and think...don't get stressed.
Express emotions in healthy ways
Be confident in myself
Yoga and dance x 10
Ask for help/talk to someone x 15
SHARP helped me as well as the dream session
To keep trying even if you fail (even more than once)!
Live in the present, not the past
Visualization techniques to achieve your goals, stress relaxation tips, protection from STDs
Confidence
Nettle tea
Being outdoors
To face a problem, go through it.
Self esteem
You have to eat healthy
To calm down before jumping to conclusions
Stress reduction, gender stereotypes
To put on a brave face and become successful
How to protect your self and stay safe
We have a right to say no and not feel guilty
Learning to become comfortable with yourself and to not judge yourself by others
Resilience and moving on

Yoga works wonders
Just to go with your dream
Don't let others get in the way
Make a dream board
Going to police is sometimes the answer

What solutions to major issues facing young women did you hear today?

Find help from people who care
Exercise
Sex ed
Rape and HIV
Always know you're strong
How to protect yourself from harmful people
I heard about troubles in GLBT youth
Have confidence
Sexual harassment
Having safer sex and knowing we have options
Birth control
Be aware
Get help
Be confident and take care of yourself
You always have the power to say no
Herbal remedies
Maintain positive thoughts
Don't let anyone put you down
Believe in yourself and feel happy with yourself and go to someone confidential to talk
To stand up for what you believe in
Have major control over yourself
Talk to friends and family about your problems
How to stand up for myself
Talk to trusted adults
A whole lot with guys
Finding who I am, discovering who I want to become
Go to your doctor
Be yourself
Ask for help
Talk to someone right when something doesn't feel right
Exercise, vitamins and minerals
Talk to advocates
Taking care of money
It's important for women to support other women
Financial
Effective communication, self esteem, and a good definition of success will help us value our bodies and stay healthy.
To speak up!
Think before you act

Work through things and try your hardest

Please identify one of the women you heard today who models self-confidence and success for you.

(184 or 91% of participants were able to identify at least one woman)

SHARP instructors (5)

Dr. Archer (2)

Dr. Bell (2)

Susan Mead (48)

Ryan Corley (35)

"The Doctors" (4)

Suzanne Hartung (2)

Lauren Myracle (31)

My yoga instructor!

Jen Lowe (2)

Linda Hoffman (3)

Gwilda Wiyaka (5)

Ena Burrud (12)

Dawn Duncan (16)

The play cast (5)

Chelsea (5)

Dr. Hornung (3)

Lizzy

Laurie Stolen

The ones from the outdoor session were really nice

What would you like us to offer in future years?

Something to do with animals

A comedian

Hands on cooking class

More information about how to find out about the speakers

Keep yoga and drumming

A session about how to communicate with parents

The power of language

More drum circles!

Allow boys to come

Cutting issues

I want to come and talk because I want to be a social worker

More activities with all the girls

Natural ways to prevent pregnancy (2)

More activities, less lecture

2Hearts for Lacy

Longer class to do with sex

Longer classes, the sexuality and identity class was too short!

Hand out condoms or have them so girls can take

More lunch options

t-shirts (2)

More, shorter workshops
Positive ways to go about difficult situations
Self injury awareness-it's a real problem
Less time in intro
How to maintain a healthy relationship
Therapy sessions
More get up activities, no just speaking
Another play
Teen drinking and suicide
Drinking
Art workshop
A place to speak our minds
Some real cooking class
All of the same
Best year out of all 3 I've been to!
More interactive
Keep the play
Better band
Tattooing again
Healthy relationships
SHARP to be more interactive
Sharing stories in small groups
Different dance instructors
More interaction with other students (diversity)
Longer conference
Longer sessions
A week long conference
A class for Hispanic/Latinas to show race shouldn't stop us from doing what we dream!
Make up/fashion
Ways to express yourself
More discussion time
Breakfast (3)
Tables to eat at
Everything was really good, but you could make classes in Spanish
Class for Hispanic girls
More interactive activities
Something to do with the outdoors
Better lunch entertainment
Variation of classes
Women's self defense (2)
Weight
Health for sure, it's my favorite
Eating disorders
Wendy Cohen needs to present again
Give the opportunity for more students to come
Better food (2)
Just keep it as good as you guys have it all the time

Classes more creative and fun and to do it more than once

More class options (3)

Different classes each year (new things)

Fashion

Dancing

More time (5)

don't be so insecure about condoms

condoms

More time, more than one day

Good food

Painting/expression through painting

Be for a week

Logistics for conference:

Date: Tuesday, March 3, 2009
8:00 a.m. – 2:30 pm

Location: Fort Collins Marriott Hotel
350 East Horsetooth Road
Fort Collins, CO 80525

Schedule:

8:00	Girls arrive at Marriott
8:30	Welcome and Announcements
8:35-9:15	Keynote Address-Susan Mead
9:15	Break/students find breakout session rooms
9:25-10:25	Breakout Session One
10:30-11:30	Breakout Session Two
11:30-11:50	Lunch/Pasta and Salad Bar
11:50-12:20	Lunchtime Presentation-Drum Circle
12:25-1:25	Breakout Session Three
1:35-2:15	Capstone Presentation-SAVA Center
2:15-2:30	Thanks, evaluations, closing
2:30	Students back to schools

2009 Journey Conference Keynote Address

Take Back Your Body—And Your Life!



Fort Collins author, speaker and Master Herbalist, Susan E. Mead, is this year's keynote speaker. She will provide simple, inexpensive ideas—plus the necessary inspiration—to set the stage for a lifetime of good health. A popular breakout speaker at past Journey conferences, Susan's message will help young women feel good about—and take care of—their bodies and minds, using her uncommon common sense. Susan's humor and “upfront approach” regarding the issues of greatest concern to teenage girls will set the stage for our breakout sessions, all of which can help our young women celebrate the past, live in the present and take the reins of their futures.

Lunch Time Presentation



Every time a drum is sounded, there is another voice for Spirit in the world. This drumming circle is so much more than just a bunch of people getting together to beat on their drums. Imagine – 300 drums, 300 women, 300 voices all coming together in one powerful opportunity for learning, bonding, and change. Come join Gwilda Wiyaka, Director of Path Home Shamanic Arts School as she leads this one-of a kind drum circle that will unite your hearts and power and will send the voice of young women into the world.



2009 Journey Conference Capstone Presentation



Until Someone Wakes Up: A Prevention & Education Performance produced by the Sexual Assault Victim Advocate (SAVA) Center. Over the past 9 years, The Sexual Assault Victim Advocate Center has been bringing the theatrical performance of *Until Someone Wakes Up* to Poudre School District students and Larimer County community members in an effort to end sexual violence. Featuring scenes of comedy, drama, and satire this show explores the complex issues surrounding sexual violence, gender role socialization and healing. Comprised of a cast of mostly teens and college students, the play approaches the topics with a balance of sensitivity, realism, humor and intensity.



Breakout Sessions

Health-For Girls Only: Everything you've always wanted to ask!

This is your chance to sit down with real women doctors and get the information you need! Learn about girl-specific issues and topics that you might be too embarrassed to ask--even your own doctor! Get ready to go way beyond what you've learned in health class. **Deborah Archer, MD, Diana Hornung, MD, Sarah Bell M.D.**

60 surveys collected

Overall, I think this session was:

98% responded excellent or good

The presenter was knowledgeable about the subject:

100% responded excellent or good

She presented information that was interesting and informative:

98% responded excellent or good

I would recommend this session to a friend:

100% responded definitely or probably

Selected Comments:

"It was great that you allowed the girls to ask what they wanted to-and did it anonymously. Lots of great info!"

"It helped me think of ways to be safe with the future decisions I make."

Food Preparation for Now and the Future

Learn how to fuel an active lifestyle today and as you head out on your own. We all need to know some techniques of preparing quick and healthy meals. Samples and tasting are included in this educational and delicious session. **Linda Hoffman**, Owner of Come Back to the Table.

40 surveys collected

Overall, I think this session was:

93% responded excellent or good

The presenter was knowledgeable about the subject:

100% responded excellent or good

She presented information that was interesting and informative:

98% responded excellent or good

I would recommend this session to a friend:

100% responded definitely or probably

Selected Comments:

"I will definitely start thinking about the food choices I eat and to think healthier!"

"I'm interested in culinary arts, so this helped to inform me about what's good and what's not for people to eat."

The Art of Tattooing: Changes in Body Art over the Years

Join a professional tattoo and piercing artist to discuss the importance of safety in tattooing and body piercing, and how to make sure you receive quality work by your artist. You'll learn about the history of body art and why it is viewed so much more positively today versus the past. **Ryan Corley, Millennium Tattoo Gallery**

78 surveys collected

Overall, I think this session was:

100% responded excellent or good

The presenter was knowledgeable about the subject:

100% responded excellent or good

She presented information that was interesting and informative:

100% responded excellent or good

I would recommend this session to a friend:

100% responded definitely or probably

Selected Comments:

"I know I need to spend a lot of time thinking about what kind of tattoo I want and to always respect my body."

"Tattoos are a commitment that you will have for the rest of your life."

"I know I should never let my body be owned by someone else."

"I'll never get a boyfriend's name tattooed!"

Financial Fitness

You've heard the news about how bad the economy is, but what does that have to do with you? Learn what you need to know, as a young woman, about credit cards and saving cash and understand how to stay smart about money matters with **Teri Evans, local mortgage consultant.**

18 surveys collected

Overall, I think this session was:

73% responded excellent or good

The presenter was knowledgeable about the subject:

90% responded excellent or good

She presented information that was interesting and informative:

72% responded excellent or good

I would recommend this session to a friend:

95% responded definitely or probably

Selected Comments:

"I'm going to start saving right away!"

"Very insightful and helpful information."

S.H.A.R.P. (Sexual Harassment Assault Rape Prevention) for Teens

SHARP is a basic awareness course designed to assist teenage girls in how to manage and cope with issues and situations they *can* control. With a focus on self confidence and self evaluation, we will use current statistics and trends to discuss date rape drugs, acquaintance rape and how to reduce your risk of sexual assault through your teen years and beyond.

Terri Morrison and **Laurie Stolen** with the Larimer County Sheriff's Department.

58 surveys collected

Overall, I think this session was:

96% responded excellent or good

The presenter was knowledgeable about the subject:

100% responded excellent or good

She presented information that was interesting and informative:

100% responded excellent or good

I would recommend this session to a friend:

100% responded definitely or probably

Selected Comments:

“The signs of a predator and what to look for are good to know.”

“All of this was helpful. I really took in what was said about relationships and how it can be taken too far. I have re-thought my relationship with my boyfriend. Thank you.”

“I think this was a great class that taught teens about what precautions to take.”

Am I what I feel? Am I what I think?

The Power of Knowing your Self through Yoga

Stretch, make sounds, balance, and twist and find strength in your body. What you do in yoga class follows you into the world. Come feel who you truly are! **Ena Burrud**, Tree Top Yoga Studio.

67 surveys collected

Overall, I think this session was:

97% responded excellent or good

The presenter was knowledgeable about the subject:

99% responded excellent or good

She presented information that was interesting and informative:

100% responded excellent or good

I would recommend this session to a friend:

100% responded definitely or probably

Selected Comments:

“See the light in yourself and in others.”

“Yoga can help me relax and let go of stress. Whatever happens, I can learn that everything will be OK.”

Sexuality, Gender Identity, Safer Sex... and YOU!

Know someone who is struggling to feel comfortable about their sexuality or gender because they don't feel they "fit?"

This session offers an open discussion in a supportive environment about the broad spectrum of human sexuality and gender identity. Safer sex will also be discussed. **Jen Lowe and Suzanne Hartung**, Lamda Community Center.

28 surveys collected

Overall, I think this session was:

93% responded excellent or good

The presenter was knowledgeable about the subject:

96% responded excellent or good

She presented information that was interesting and informative:

96% responded excellent or good

I would recommend this session to a friend:

96% responded definitely or probably

Selected Comments:

"Thank you for having an open discussion with the girls about a topic that is usually taboo."

"It's good to know how to help friends when they are confused about gender."

"It gave me resources for the GLBT community."

Use Your Unique Talents and Skills to Start and Run Your own Business!

Are you good at something but not sure how you can use that talent to make money? Learn how you can use your unique skills, talents, and life experiences to reach your career goals. **Dawn Duncan, co-founder of Broadreach Recruiting and Consulting**

28 surveys collected

Overall, I think this session was:

93% responded excellent or good

The presenter was knowledgeable about the subject:

99% responded excellent or good

She presented information that was interesting and informative:

99% responded excellent or good

I would recommend this session to a friend:

93% responded definitely or probably

Selected Comments:

"It's important to gain resilience and follow your dreams."

"This got me thinking about how I'm going to approach college and what I want to do."

"I feel like I know everything I need to be a successful business owner."

Do You Believe in Miracles?

Lauren Myracle has written squillions of novels for tweens and teens, including the bestselling series *Eleven, Twelve, and Thirteen* as well as the best-selling "Internet Girls" series, *ttyl, ttfn, and l8r, g8r*. She's written scary books (*Bliss*), funny books (*The Fashion Disaster that Changed My Life*), and choke-up-and-get-teary friendship books (*How to Be Bad*, co-written with E. Lockhart and Sarah Mlynowski). Readers have called her books "soooo hilarious," "the best ever," and "the kind of books that make you want to be a better person." Perhaps her favorite comment came from a fan who said of her novels, "I can't believe they're written by a grown up!"

53 surveys collected

Overall, I think this session was:

94% responded excellent or good

The presenter was knowledgeable about the subject:

94% responded excellent or good

She presented information that was interesting and informative:

96% responded excellent or good

I would recommend this session to a friend:

100% responded definitely or probably

Selected Comments:

“Other people can’t decide what you’ll do in life, and they can’t push away your dreams.”

“No matter how many times you fail, keep at the things that you love.”

Dance!

Come and try some fun dance moves with a professional dancer and instructor from Canyon Concert Ballet. This session is for girls who love to dance and for those who wish they knew how or want to get started! Don't worry; you won't be put on the spot! **Chelsea Rafter**, dance instructor with Canyon Concert Ballet.

67 surveys collected

Overall, I think this session was:

82% responded excellent or good

The presenter was knowledgeable about the subject:

88% responded excellent or good

She presented information that was interesting and informative:

82% responded excellent or good

I would recommend this session to a friend:

97% responded definitely or probably

Selected Comments:

“Dance can help me feel good in my own skin.”

“Exercising by dancing can be a lot of fun.”

Step Outside!

Is camping, rock climbing, and climbing Fourteener's on your to-do list this summer? Being in the great outdoors can teach us a lot about solving problems in our lives, finding our strength, and living life to the fullest. **Educo and The Women's Wilderness Institute.**

20 surveys collected

Overall, I think this session was:

85% responded excellent or good

The presenter was knowledgeable about the subject:

100% responded excellent or good

She presented information that was interesting and informative:

100% responded excellent or good

I would recommend this session to a friend:

100% responded definitely or probably

Selected Comments:

"I learned about important elements of community."

"Leadership is important."

"I learned how to develop and be with a team."

Find Your Magic, Follow Your Dreams

You **can** live your dreams! Deep in the heart of every woman is a magic place where the artisan, the healer, and the wise woman reside. Let the drum carry you to the shamanic land of dreams where you will find your own power animal totem and how to build your life with magic. You can even sing and dance with the drum if you like, with **Gwilda Wiyaka**.

25 surveys collected

Overall, I think this session was:

88% responded excellent or good

The presenter was knowledgeable about the subject:

100% responded excellent or good

She presented information that was interesting and informative:

92% responded excellent or good

I would recommend this session to a friend:

100% responded definitely or probably

Selected Comments:

"If I want it, I will achieve it."

"This made me realize that you can make all your dreams come true."

**Journey Conference
Detailed Income and Expense Report
2009 Conference**

Monetary Donations/Grants

Fund Source	Amount
Bohemian Foundation-Event Fund	\$2,000
Shelly Hill, Realtor	\$1,450
Fort Collins American Association of University Women	\$650
Individuals	\$50
Total Donations/Grants for 2009 Conference	\$4,150.00

Total Funds Available for 2009 Conference:

Women's Resource Center/Journey Account Balance, 8/1/08	\$1,849.43
Donations/Grants for 2009 Event	4,150.00
PSD SART Peers Program-line item for Journey	1,450.00
Bohemian Foundation Field Trip Fund	300.00

Provided directly to PSD-Transportation Services

Total: \$7,749.43

**Journey Conference Expenses
2009**

Expenses	Amount expended
<u>Conference Supplies</u> (participant folders, labels, nametags, speakers materials)	\$64.71
<u>Printing</u> (registration brochure, conference program, speaker hand- outs, evaluation surveys, misc. printing)	\$485.30
<u>Event Venue</u> (Marriott rental, a/v equipment rental, snacks, lunch, service, This expense paid with WRC account funds for Journey)	\$4,982.48
<u>Recognition</u> (gift cards for 2 student committee members)	\$100.00
<u>Marketing/Advertising/Fundraising</u> (web site/annual cost)	\$155.88
<u>Transportation</u> (a portion of PSD bus costs for round trip transport from schools to Marriott)	\$300.00
<u>Total Conference Expenses:</u>	\$6,088.37

*Ending Fund Balance/Women's Resource Center /Journey Account: \$516.95
4/15/2009*

Remaining funds in the PSD SART Peers Program grant that were set aside for Journey were returned to other line items for the PSD SART Peers Program. The expenses paid by the SART Peers Program totaled \$1,105.89 (all expenses listed above with the exception of the Marriott expense.)

**Additional Conference Costs, in-kind support, PSD Support
2009**

Service/Cost	In-Kind	Fund Source	PSD Support
Transportation Buses To/From Marriott		\$300.00 <i>Bohemian Foundation Field Trip fund Directly provided to PSD Transportation Services</i>	
Registration Brochure/Graphics			\$100
Substitute Teachers			\$1,300
Sign Interpreters			\$300
Speakers Gifts		\$225.00 <i>Linda Lloyd and Peg Froberg</i>	
Goody Bags	\$1,000 <i>in coupons, snacks, cosmetics</i>		
300 Logo Water Bottles		\$700 <i>from PVHS Foundation</i>	
Fort Collins Marriott-Venue	\$1,000 <i>in rental fees and equipment charges</i>		
120 Participant Folders		\$65.00 <i>Kelly Custer</i>	
Totals	In Kind Support \$2,000	Expenses paid by other sources \$1,290	PSD Covered Expenses \$1,700

Conference speakers/presenters and the steering committee contributed an estimated 600 volunteer hours to the organization and implementation of the conference.

*Total conference costs, including conference expenses, in kind support, expenses paid by other sources/donations, and PSD covered expenses: **\$11,078.37***