



The 2021 First Up Conference

Hope and Healing: From Self Care to Best Practice in a Trauma-Impacted World

March 5-6, 2021

This VIRTUAL conference is an opportunity to come together to connect, learn, and be refreshed.

Registration is open and you can view a full list of topics and speakers on the First Up [website](http://www.firstup.org).

Register here:
www.firstup.org/annual-conference

**Financial assistance is available!*

The conference will be hosted on Accelevents – an interactive **virtual** platform – [click here](#) to learn more! **All sessions will be recorded.**

Like, follow, and subscribe for more information!

@firstupearlved



Our keynote speakers:

Dr. Amy Lynch - March 5



Dr. Lynch is a Temple University professor of occupational therapy. Her work focuses on the impacts of stress and trauma upon the way children and adults think, act, and behave at an individual, family, school, organization, and community level.

Thaddeus Ballard - March 6



Thaddeus is an athlete, philanthropist and entertainer (known as WWE Superstar Titus O'Neil) with a heart for youth and the community. He went from a troubled young man to a mentor, role model and honorary Deputy. His passion is serving others and helping them succeed.

Contact us with any questions:

Rebecca.Tyrrell@firstup.org

215-893-0130 x229

Thank you to our partners and sponsors!

United Way
of Greater Philadelphia
and Southern New Jersey

