

Parent Wellness Summit

Strategies for prioritizing personal well-being and self-care

This event brings parents of children with visual impairments together for supportive workshops and conversations focused on self-care, personal well-being, stress reduction, and time to relax and recharge.

Schedule of Events: Thursday, February 19, 2026 at Vision Forward, located at 10150 W National Ave., West Allis, WI 53227, 414-615-0100

9:30 - 11:00am - Keynote Speaker: Kevin O'Connor



Kevin E. O'Connor, CSP, CEC, LCPC, LMFT, NCC is a consultant, professional speaker, and author specializing in leadership and communication for physician and healthcare leaders. He teaches graduate students at Loyola University of Chicago, serves as faculty for national healthcare leadership organizations, and is a past president of NAPVI. Kevin is a Certified Speaking Professional and an executive coach with three master's degrees, as well as the parent of an adult son who is visually impaired.

11:00am - Noon - Breakout/Workshop Session

These sessions will cover self-care and relaxation as well as offering opportunities to connect to other parents of children with visual impairments.

- Father's Discussion Group (Kevin O'Connor)
- Mindfulness & Guided Meditation (Ben Mattson)
- Yoga or other relaxation activities

12:45pm - Lunch Break

1:00 - 2:30pm - Panel Discussion

This panel brings together a parent of a child who is blind or visually impaired and an adult with lived experience of vision loss. Panelists will share personal stories, helpful insights, and lessons learned along the way. Parents are invited to ask questions, connect with others who understand the journey, and gain encouragement and guidance in supporting their child's growing independence and confidence.

Please register by **Thursday, February 12**. For more information or questions, call **414-615-0100** or email **tmekeel@vision-forward.org**.

To register, visit [🌐 Parent's Wellness Summit - Vision Forward](#) or scan the QR code below.



Vision Forward Association, 10150 W National Ave, Suite 100, West Allis, WI 53227