

**VISTA HILL COUNCIL ON MENTAL HEALTH (VHCMH) & JMS FUND**

— PRESENT —

# **FINDING PURPOSE AT EVERY STAGE OF LIFE**

**WITH KEYNOTE SPEAKER CHRISTINE CARTER, PhD**



— **WEDNESDAY, NOVEMBER 13, 2024** —

**10:00 AM REGISTRATION**

**10:30 AM TO 1:00 PM BRUNCH & PROGRAM**

**JULEP EVENT VENUE**

**1735 HANCOCK STREET • SAN DIEGO, CA 92101**



**Christine Carter, PhD**, is an author, speaker, and coach. A summa cum laude graduate of Dartmouth College, Dr. Carter earned her master's and doctoral degrees in sociology at UC Berkeley. For many years, Dr. Carter was the executive director of UC Berkeley's Greater Good Science Center (GGSC), where she remains a sociologist and Senior Fellow.

Combining scientific research and practical application, she offers her clients, readers, and audiences not only a way to cope with modern pressures, but tactics to truly thrive.

Her books include *The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction* (2020), *The Sweet Spot: How to Achieve More by Doing Less* (2017), and *Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents* (2011).

She has appeared on numerous television and radio shows, including the "Oprah Winfrey Show," the "Dr. Oz Show," the "TODAY" show, "CBS Sunday Morning," PBS, NPR, and BBC Radio. She has been quoted or featured in every major newspaper in the United States.

Dr. Carter will share an interactive presentation that will delve into the need for purpose - our purpose isn't something we find or discover: it's something we create. She will talk about the relationship between happiness and meaning and how both change over one's lifespan.



## Mental Health Advocate Award - 2024 Recipient (Posthumously)

# Charles “Chuck” Pretto

Born in Chicago, Charles moved to San Diego to attend the University of San Diego where he earned a bachelor's degree in business, a master's degree in business, and a J.D. in law.

In 1983, Charles married Kimberly Kobey Pretto. A man of remarkable business acumen, Charles joined the Kobey Family business in 1980 as the Executive Vice President & General Counsel of Kobey's Swap Meet.

His commitment to service extended beyond his professional life. He served in leadership roles including Past President of the National Flea Market Association, former Chair of the Midway-Pacific Highway Planning Group, and former board member of the Francis Parker School and San Diego Red Cross.

In 2022, while serving as Rotary District Governor of District 5340, Chuck served as the Honorary Chair for the Vista Hill Council on Mental Health event. He was instrumental in bringing more attention to behavioral health challenges during his term.



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# JMS Fund

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USE QR CODE, OR USE THE ENCLOSED RSVP CARD



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\*In Memoriam



VISTA HILL COUNCIL ON MENTAL HEALTH, A MEMBERSHIP ORGANIZATION

OUR MISSION IS TO:

- INCREASE AWARENESS AND KNOWLEDGE OF MENTAL/BEHAVIORAL HEALTH DISORDERS AND THE EFFECTS THEY HAVE ON FAMILIES
- REMOVE THE STIGMA OF MENTAL ILLNESS THROUGH EDUCATION AND OUTREACH
- PROVIDE HELP AND POSITIVE SUPPORT TO THOSE IN NEED, THEREBY IMPROVING THEIR QUALITY OF LIFE

# Finding Purpose at Every Stage of Life

\_\_\_\_\_ @ \$1,080 (Preferred Table of 8)

\_\_\_\_\_ @ \$800 (Table of 8)

For VHCMMH Member ticket pricing, contact [Jemma Samala](#)

\_\_\_\_\_ @ \$135 (Preferred Seating)

\_\_\_\_\_ @ \$100 (Individual Seating)

My total number of tickets is \_\_\_\_\_ Total amount due \$ \_\_\_\_\_

Please include seating information and/or questions for the speaker on the back of this card. Please list guests on reverse side.

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## RSVP Deadline is October 30, 2024.

*All seating is assigned on first-received paid status. Lunch value is \$55; the remainder is a tax-deductible contribution.*

*For more information, please contact Jemma Samala at 858.514.5100 ext. 501 or email [jsamala@vistahill.org](mailto:jsamala@vistahill.org).*