



WEEKEND OF RECOVERY (Advanced) Schedule of Activities

Advanced WORs focus on a theme or topic that varies annually. The 2 core themes for the Advanced events are **Personal Empowerment** and **Relationships and Intimacy**. When the latter topic is the focus for the Advanced WOR, partners or significant others are allowed to register and attend as well.

In addition, participants for Advanced WORs have add-on package options that allow for early arrival on Thursday and/or late departure on Monday.

Thursday - Add-On Option

6:30 pm - 8:00 pm	Dinner for Participants Who Arrive Thursday Evening
8:00 pm - 9:30 pm	Registration Opens

Friday

8:00 am - 9:00 am	Breakfast
8:00 am - 8:45 am	Registration open
9:15 am - 9:45 am	Intro / Orientation
	Welcome & Review of Agenda
9:45 am - 10:30 am	Co-Creating Safety & Defining Respect
10:30 am - 10:45 am	Break
10:45 am - 11:30 am	Participant Introductions
11:30 am - 12:30 pm	Large Group Session on the Weekend's Theme
12:30 pm - 12:45 pm	Break
12:45 pm - 1:45 pm	Lunch
2:00 p.m. - 3:30 pm	Small Groups

WEEKEND OF RECOVERY

(Advanced)

Schedule of Activities

Friday (cont'd)

3:30 pm - 3:45 pm	Break
3:45 pm - 4:45 pm	Large Group Session on the Weekend's Theme
4:45 pm - 5:00 pm	Break
5:00 pm - 6:30 pm	Art Project
6:30 pm - 7:45 pm	Dinner
7:45 pm - 9:30 pm	Large Group Session on the Weekend's Theme
9:30 pm - ??	Networking, Relaxing, Sleep

Saturday

6:45 am - 8:00 am	Optional: Outdoor Mindfulness Meditation
8:00 am - 9:15 am	Breakfast
9:15 am - 9:45 am	Check-in
9:45 am - 11:00 am	Large Group Session on the Weekend's Theme
11:00 am - 11:15 am	Break & transition to small groups
11:15 am - 12:30 pm	Small Group
12:30 pm - 12:45 pm	Break
12:45 pm - 3:00 pm	Picnic Lunch - Optional Easy Hike
3:00 pm - 4:15 pm	Large Group Session on the Weekend's Theme
4:15 pm - 4:30 pm	Break
4:30 pm - 6:00 pm	Small Group
6:00 pm - 7:30 pm	Dinner
7:30 pm - 9:15 pm	Large Group Session on the Weekend's Theme
9:30 pm - ??	Cookies, Milk, Hot Chocolate, Tea Networking, Relaxing, Sleep

WEEKEND OF RECOVERY

(Level 1)

Schedule of Activities

Sunday

7:00 am - 7:45 am	Optional Mindfulness Meditation Exercise / Walk
8:00 am - 8:30 am	Check-Ins
8:30 am - 10:30 am	Large Group Session on the Weekend's Theme
10:30 am - 11:45 am	Brunch
11:45 am - 1:15 pm	Small Group
1:30 pm - 2:30 pm	Closing



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