



MENHEALING
Inspiring Hope, Changing Lives

DAY OF RECOVERY

Schedule of Activities

| | |
|---------------------|--|
| 8:00 - 8:45 am | Registration for Participants |
| 9:00 - 9:10 am | Introduction/Overview of the Schedule / Check-in |
| 9:10 - 9:25 am | Safety Exercises |
| 9:25 - 9:40 am | Mind / Body Awareness: Part 1 |
| 9:40 - 10:00 am | Introduction of Participants |
| 10:00 - 10:15 am | Break / Snacks |
| 10:15 - 10:45 am | Mind / Body Awareness: Part 2 |
| 10:45 - 11:00 am | Safe Boundaries Around Disclosure |
| 11:00 am - 12:00 pm | Small Group |
| 12:00 - 1:30 pm | Lunch |
| 1:30 - 2:00 pm | Being a Male Survivor |
| 2:00 - 3:00 pm | Small Group |
| 3:00 - 3:15 pm | Break / Snacks |
| 3:15 - 4:15 pm | Being in Your Body / Authentic Movement |
| 4:15 - 5:00 pm | Closing |