



WEEKEND OF RECOVERY

(Virtual Online Mini-WOR)

Schedule of Activities

DAY 1

- 12:45 pm All Participants Will Receive E-Mail Message with
Unique Link to Access Zoom
- 12:45 - 1:00 pm Waiting Room Access Will Be Available
- 1:00 pm Zoom Platform Will Be Open for Entry from
Waiting Room

ALL PARTICIPANTS EXPECTED TO JOIN AS PROMPTLY ON TIME AS POSSIBLE - LATE ARRIVALS WILL NOT BE ALLOWED TO PARTICIPATE

- 1:00 - 1:15 pm Orientation & Overview of Zoom Platform Functions
- 1:15 - 2:15 pm Individual Check-Ins & Introductions
- Overview of Goals for Mini-WOR
- Establishing Safety
- Effects of Trauma and Mindfulness Skills

BRIEF STRETCH TIME

- 2:15 - 3:15 pm Small Group Sharing

BRIEF STRETCH TIME

- 3:15 - 4:30 pm Exploring Boundaries
- Closing for the Day

WEEKEND OF RECOVERY

(Virtual Online Mini-WOR)

Schedule of Activities

DAY 2

- 12:45 - pm All Participants Will Receive E-Mail Message with Unique Link to Access Zoom
- 12:45 - 1:00 pm Main Zoom Room Access Will Be Available for Participants to Hang Out
- 1:00 pm **ALL PARTICIPANTS EXPECTED TO BE PRESENT AT START TIME**
- 1:00 - 2:00 pm Check-Ins
Developing Self-Compassion
- BRIEF STRETCH TIME
- 2:00 - 3:00 pm Small Group Sharing
- BRIEF STRETCH TIME
- 3:00 - 4:30 pm Bridges Beyond This DOR
Guided Meditation
Check-Out & Closing



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