



MENHEALING
Inspiring Hope, Changing Lives

WEEKEND OF RECOVERY

(Level 1)

Schedule of Activities

Friday

10:00 am - 12:00 pm	Registration - and Check-in to Rooms
12:00 - 1:00 pm	Lunch - Dining Room Welcome/Orientation from Venue Staff
1:00 - 1:45 pm	Welcome and Guidelines for Participation Honoring the Land General Welcome, Informed Consent Dare to Dream Goals
1:45 - 2:30 pm	Co-creating Safety Guidelines
2:30 - 3:00 pm	Introduction to Mind-Body Awareness
3:00 - 3:15 pm	Break and Snacks
3:15 - 4:00 pm	Introducing Ourselves
4:00 - 4:15 pm	Break & Walk to Small Groups
4:15 - 6:00 pm	First Small Group
6:00 - 7:45 pm	Dinner/ Journaling/Reflecting/Networking
7:45 - 9:30 pm	Mind-Body Awareness (a continuation)
9:30 pm -	Journaling/Reflecting/Networking/T-Shirts/Sleep

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Saturday

7:00 - 8:00 am	Optional Walking Meditation
8:00 - 9:00 am	Breakfast
9:00 - 9:15 am	Check-In
9:15 - 9:45 am	Preparing to Tell My Story
9:45 - 10:00 am	Break & Walk to Small Group
10:00 am - 12:00 pm	Telling My Story - in Small Group
12:00 - 12:30 pm	Break/Reflecting/Art
12:30 - 1:30 pm	Mindfulness Quiet Lunch
1:30 - 3:00 pm	Optional Hike
	T-Shirts/Art Work/Rest/Networking
3:00 - 5:00 pm	Developing Self-Compassion
5:00 - 5:15 pm	Break/Snacks & Walk to Small Group
5:15 - 6:15 pm	Small Group
6:15 - 7:45 pm	Dinner
7:45 - 9:45 pm	Shame Busting
9:45 pm	Cookies, Milk/Tea

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Sunday

7:00 - 8:00 am	Optional Walking Meditation
8:00 - 9:00 am	Breakfast
9:00 - 9:15 am	Check-in
9:15 - 11:00 am	Bridges to Home
11:00 - 11:15 am	Break
11:15 am - 12:45 pm	Last small group
12:45 - 2:00 pm	Lunch
2:00 - 3:00 pm	Evaluations + Sign up for post-weekend Focus Groups
	Closing
	Check-out



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