

**C.O.P.S.**  
**ADULT CHILDREN'S**  
**RETREAT**  
JUNE 10-13, 2022



**SAMPLE AGENDA**

**F R I D A Y - J U N E 1 0**

- 5:30 P.M.** All flying and driving attendees have arrived at the YMCA Trout Lodge. Get checked into your room.
- 5:45 P.M.** **OPENING OF SILENT AUCTION**
- 6:00 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **GETTING TO KNOW EACH OTHER**  
This opening session will give everyone a chance to get acquainted and sign up for weekend activities. We will also talk about expectations for the weekend and purpose of the retreat.
- 9:30 P.M.** **FREE TIME**

**S A T U R D A Y - J U N E 1 1**

- 8:00 A.M.** Breakfast in Dining Hall
- 8:30 A.M.** **FLOAT TRIP**  
For those who have attended Adult Children's Retreat four times or more. (You will be notified via email if you qualify to attend the float trip.)
- 9:00 - 11:45 A.M.** **SURVIVOR SUPPORT SESSIONS**  
An assigned session of similar peers discussing their officers
- 12:00 P.M.** Lunch in Dining Hall
- 1:30 - 4:30 P.M.** **AFTERNOON ACTIVITIES**  
*Examples: Alpine Tower, Ceramics, Horseback Riding, Water Activities, etc.*
- 4:30 P.M.** **FREE TIME**  
*Explore the grounds of the Trout Lodge or schedule a one-on-one/couples session with a counselor.*
- 6:00 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **KARAOKE & TRIVIA NIGHT**

## SUNDAY - JUNE 12

- 8:00 A.M.** Breakfast in Dining Hall
- 9:00 A.M. - 12:00 P.M.** **MORNING ACTIVITIES**  
Examples: Archery Tag, Choose Your Own Craft, Pines Pole Zip, etc.
- 12:15 P.M.** Lunch in Dining Hall
- 1:30 - 3:00 P.M.** **1<sup>ST</sup> GROUP OF BREAKOUT SESSIONS**  
You will have the opportunity to choose from different breakout sessions and attend the one that best fits your needs. We plan the topics of these sessions using feedback from survivors at previous retreats.
- 3:10 P.M.** **CLOSING OF SILENT AUCTION**
- 3:15 - 4:45 P.M.** **2<sup>ND</sup> GROUP OF BREAKOUT SESSIONS**  
You will have the opportunity to choose from different breakout sessions and attend the one that best fits your needs.
- 5:00 P.M.** **CLOSING SESSION**  
Closing Session will give everyone a chance to reflect on the weekend. We will talk about what you received from the retreat, give you the opportunity to thank those that made an impact, and discuss ideas on how to make the retreat better for future years.
- 6:00 P.M.** Dinner in the Dining Hall
- 8:00 P.M.** **CAMPFIRE & SKITS**  
Campfire is a fun way to close out the retreat. We will roast marshmallows and perform skits.
- 9:30 P.M.** **FREE TIME**

## MONDAY - JUNE 13

- 7:30 A.M.** Breakfast in Dining Hall
- 8:00 A.M.** Buses arrive at YMCA Trout Lodge for those that are flying. Baggage is loaded.
- 8:30 A.M.** Buses leave the YMCA Trout Lodge for Lambert International Airport and driving participants depart.

**THIS IS NOT A FINALIZED AGENDA FOR THE RETREAT WEEKEND.**

**THIS IS A SAMPLE AGENDA TO GIVE YOU A BETTER IDEA OF WHAT TO EXPECT AT THE RETREAT.**