

C.O.P.S. ADULT CHILDREN'S WEEKEND

SAMPLE AGENDA



F R I D A Y

- 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**
- Dinner in Dining Hall
- 7:30 P.M.** **OPENING SESSION**
This opening session will give everyone a chance to get acquainted and sign up for weekend activities. We will also talk about expectations for and the purpose of the weekend.
- 9:30 P.M.** **FREE TIME**

S A T U R D A Y

- 7:30 A.M.** Breakfast in Dining Hall
- 8:30 A.M.** **FLOAT TRIP**
For those who have attended Adult Children's Weekend four times or more. (You will be notified via email if you qualify to attend the float trip.)
- 9:00 - 11:45 A.M.** **SUPPORT SESSIONS**
An assigned session of similar peers discussing their officers
- 12:00 P.M.** Lunch in Dining Hall
- 1:30 - 3:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Alpine Tower, Ceramics, Horseback Riding, Water Activities, etc.
- 3:30 P.M.** **FREE TIME**
Explore the grounds of the Trout Lodge or schedule a one-on-one/couples' session with a counselor.
- 5:30 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **KARAOKE & TRIVIA NIGHT**

SUNDAY

- 7:30 A.M.** Breakfast in Dining Hall
- 9:00 - 11:00 A.M.** **MORNING ACTIVITIES**
Examples: Choose Your Own Craft, Pines Pole Zip, Pontoon Boat Fishing, etc.
- 12:00 P.M.** Lunch in Dining Hall
- 1:30 - 3:00 P.M.** **1ST 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 programs.
- 3:10 P.M.** **CLOSING OF SILENT AUCTION**
- 3:15 - 4:45 P.M.** **2ND 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 program, give you the opportunity to thank those that made an impact, and discuss ideas on how to make the program better for future years.
- 5:30 P.M.** Dinner in the Dining Hall
- 8:00 P.M.** **CAMPFIRE & OPEN MIC NIGHT**
Enjoy an evening of entertainment put on by YOU. We invite you to share your poetry, singing, skits, instrumentals, whatever you'd like!
- 9:30 P.M.** **FREE TIME**

MONDAY

- 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.

THIS IS A SAMPLE AGENDA TO GIVE YOU A BETTER IDEA OF WHAT TO EXPECT.