

**C.O.P.S.
EXTENDED FAMILY
RETREAT**

OCTOBER 14-17, 2022



SAMPLE AGENDA

F R I D A Y - O C T O B E R 1 4

- 5:30 P.M.** All flying and driving attendees have arrived at the YMCA Trout Lodge. Get checked into your room.
- 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.
- 9:00 P.M.** **FREE TIME**

S A T U R D A Y - O C T O B E R 1 5

- 8:00 A.M.** Breakfast in Dining Hall
- 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
- 1:00 - 2:15 P.M.** **GROUP ACTIVITY**
Examples: Group Session, Team Building Activities, etc.
- 2:30 - 4:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Ceramics, Horseback Riding, Tom-A-Hawk Throwing, etc.
- 4:45 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.** **GROUP ACTIVITY**
Examples: Beer Tasting, Bingo, Painting Class, Pizza Party, Trivia, etc.

SUNDAY - OCTOBER 16

- 8:00 A.M.** Breakfast in Dining Hall
- 9:00 - 10:15 A.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 retreats.
- 10:30 - 11:45 A.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.
- 12:00 P.M.** Lunch in Dining Hall
- 1:30 - 4:00 P.M.** **AFTERNOON ACTIVITIES**
Examples: Choose Your Own Craft, Mini Golf, Yoga/Meditation, etc.
- 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 - OCTOBER 17

- 7:30 A.M.** Breakfast in Dining Hall
- 8:00 A.M.** Bus arrives at YMCA Trout Lodge for those that are flying. Baggage is loaded.
- 8:30 A.M.** Bus leaves 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.