PARENTS RETREAT

October 21-24, 2022 // C.A. Vines Arkansas 4-H Center - Little Rock, AR

Who is invited to attend the retreat?

C.O.P.S. Parents Retreat is planned for surviving parents and step-parents of law enforcement officers who died in the line of duty, as determined by C.O.P.S. criteria. Couples, as well as single parents, are encouraged to attend. Other relatives and friends are not eligible to attend.

How will the retreat benefit me?

Losing a child can be the most devastating thing for a parent to experience, especially in a sudden, traumatic, and often violent death. After the loss of their officer, surviving parents must deal with their personal grief, as well as supporting other family members along their grief journey.



C.O.P.S. Parents Retreat will help you resolve your individual and family grief through attending counseling sessions with focus on grief and your specific needs. While at the retreat, you will get the opportunity to participate in challenging and fun indoor and outdoor activities while receiving support from other parents who truly understand. It is our goal for you to leave the retreat feeling relaxed, with a continuing support system and a tremendous sense of personal growth and self-awareness for the future.

Where is the retreat located?

We will be staying at the C.A. Vines Arkansas 4-H Center in Little Rock, Arkansas. Couples will be roomed together; those attending alone will share a room with another attendee.

How do I get to the retreat?

C.O.P.S

You should plan to arrive at Little Rock National Airport (LIT) between 9:00 a.m. and 4:00 p.m. on Friday, October 21. You will be met by a C.O.P.S. representative and transported

by bus to the C.A. Vines Arkansas 4-H Center, a 30-minute ride from the airport. You will be transported back to the Little Rock Airport by 10:00 a.m. on Monday, October 24. Be sure your flight is AFTER 11:30 a.m. to allow time for check-in and security checks. Due to recent travel restrictions, we suggest purchasing travel insurance. If you have questions regarding your flight times, please call the National Office.

It has become a ritual for some parents to arrive a day early. That is still possible.

Those parents can arrive in Little Rock on Thursday, October 20, and stay at the Holiday Inn Airport Conference Center in Little Rock. If you would like to arrive a day early, be sure to make your reservation under the "C.O.P.S. room block" to receive the C.O.P.S. room rate. Call 501-490-1000 for reservations. The room block will be held until October 7, 2022. The hotel has a complimentary airport shuttle service. The hotel cost for Thursday, October 20, will not be paid nor reimbursed by C.O.P.S. and you are responsible for making your own reservation.

If you arrive in Little Rock a day early, all costs associated with early arrival will be the responsibility of the individual. Upon final arrangements, C.O.P.S. will provide information via email on how to meet the bus going to the C.A. Vines Arkansas 4-H Center. Let us know if you will be driving, and we will send you directions to the C.A. Vines Arkansas 4-H Center.

What is the cost of the retreat?

Your only expense is your travel to and from the Little Rock Airport (if flying) or to and from the C.A. Vines Arkansas 4-H Center (if driving). If you fail to cancel your attendance and you do not show up for the program, you could be subject to a participation fee for the following year's

Testimonial:

"Parent's Retreat is a life-saving 'Safe House' for me. It has been the single most important tool in my healing after the loss of my Marcus.

Experiencing the support of the the other Parents who understand what you're going through is life-changing."

Kimberly McNeil
Surviving Mother of
Officer Marcus McNeil
New Orleans (LA) Police Department
EOW 10/13/2017



Code of Conduct:

This program has a Code of Conduct. Breaking that code will cause immediate expulsion from the program. Cost of expulsion will be the responsibility of the affected participant. A copy of the C.O.P.S. Code of Conduct and Cancellation Policy will be sent to you after we receive your registration request. C.O.P.S. and the counselors working with C.O.P.S. reserve the right to pre-qualify applicants and excuse those who may not be suitable for the program. All decisions concerning the same shall be final.





Limited travel assistance may be available. Contact your local C.O.P.S. Chapter or the C.O.P.S. National Office for additional information.

Deadline for registration is <u>September 21, 2022</u>. Registrations will NOT be accepted after the deadline date.



Registration Form (Detach this registration form and return to the C.O.P.S. National Office or register online via the QR code) First Name _____ Last Name _____ Date of Birth Spouse's Name (if attending) Date of Birth City ______ State _____ Zip _____ Home Phone ______ Cell Phone(s) _____ Email Address 1 _____ Email Address 2 _____ If you have a medical condition, mobility issue, or special dietary needs we should be aware of, please describe below: Roommate Preference _____ Arrival flight information Friday, October 21: Airline ______ Flight# ______ Time _____ Departure flight information Monday, October 24: Airline Flight# Time I/We are staying at the Holiday Inn Airport on Thursday, October 20. I/We are flying into Little Rock Airport on Friday, October 21. I/We will be driving to C.A. Vines Arkansas 4-H Center. Please send detailed directions. Officer's Name End of Watch □ Accidental □ Felonious □ Natural Causes/Illness Cause of Death: Agency____State____ Your Health Insurance _____Policy Number In case of an emergency, notify: Name ______Relationship _____

After receiving your registration request, you will receive an additional email that includes paperwork required for your attendance.

For more information, call the C.O.P.S. National Office - (573) 346-4911 or www.concernspolicesurvivors.org.

Phone

Additional Comments:

This program is planned for surviving parents who have been affected by the line-of-duty death of a fallen law enforcement officer according to C.O.P.S. criteria.



