

C.O.P.S.
CO-WORKERS FOR COUPLES
RETREAT
APRIL 22-25, 2022



SAMPLE AGENDA

FRIDAY - APRIL 22

- 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 the purpose of the retreat.
- 9:00 P.M.** Free Time

SATURDAY - APRIL 23

- 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
- 1:30 - 3:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Archery, Ceramics, Nature Hike, Pines Pole Zip, etc.
- 6:00 P.M.** Dinner in Dining Hall
- 7:00 P.M.** **GROUP ACTIVITY**
Examples: Couples Dinner, Dancing, Karaoke, Painting Class, etc.
- 9:30 P.M.** Free Time

SUNDAY - APRIL 24

- 8:00 A.M.** Breakfast in Dining Hall
- 8:45 - 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 A.M. - 12:00 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.
- 12:15 P.M.** Lunch in Dining Hall
- 1:15 P.M.** **CLOSING OF SILENT AUCTION**
- 1:30 - 3:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Alpine Tower, Choose Your Own Craft, Couples Yoga, Pistols, 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 - 9:00 P.M.** **KARAOKE & PIZZA PARTY WITH WINE TASTING**
- 10:00 P.M.** Free Time

MONDAY - APRIL 25

- 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.