

C.O.P.S.
SPOUSES RETREAT
SEPTEMBER 20-23, 2024



SAMPLE AGENDA

FRIDAY - SEPTEMBER 20

- 6:00 P.M.** All flying and driving attendees have arrived at the YMCA of the Rockies. Get checked into your room.
- OPENING OF SILENT AUCTION**
- 6:30 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**

SATURDAY - SEPTEMBER 21

- 8:00 A.M.** Breakfast in Dining Hall
- 8:30 A.M.** **TENTATIVE OFF-SITE ACTIVITY**
For those who have attended Spouses Retreat four times or more.
Examples: White Water Rafting or Historical Sites
(You will be notified via email if you qualify to attend this activity.)
- 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: Mini Golf, Archery, Climbing, Axe Throwing, etc.
- 4:30 P.M.** **FREE TIME**
Explore the grounds of the Estes Park Center or schedule a one-on-one session with a counselor.
- 6:00 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **KARAOKE & TRIVIA NIGHT**

SUNDAY - SEPTEMBER 22

- 8:00 A.M.** Breakfast in Dining Hall
- 9:00 - 11:45 A.M.** **MORNING ACTIVITIES**
Examples: Horseback Riding, Challenge Course, Fishing, Crafts, 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 retreats.
- 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 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 PM.** **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 - SEPTEMBER 23

- 7:30 A.M.** Breakfast in Dining Hall
- 8:00 A.M.** Buses arrive at YMCA of the Rockies for those that are flying. Baggage is loaded.
- 8:30 A.M.** Buses leave the YMCA of the Rockies for Denver 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.