

C.O.P.S. SUICIDE SURVIVORS FALL WEEKEND

SAMPLE AGENDA



F R I D A Y

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| 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. | Dinner in Dining Hall |
| 7:30 P.M. | OPENING SESSION
This 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. |
| 9:00 P.M. | FREE TIME |

S A T U R D A Y

- 7:30 A.M.** Breakfast in Dining Hall
- 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
- 1:00 - 2:15 P.M.** **GROUP ACTIVITY**
Examples: Group Session, Team Building Activities, etc.
- 2:30 - 4:30 P.M.** **AFTERNOON ACTIVITIES**
Examples: Archery, Ceramics, Nature Hike, Pines Pole Zip, 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.
- 5:30 P.M.** Dinner in Dining Hall
- 7:30 P.M.** **EVENING GROUP ACTIVITY**
Examples: Bingo, Painting Class, Trivia, etc.

S U N D A Y

- 7:30 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 programs.

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SAMPLE AGENDA

10:30 -

2ND GROUP OF BREAKOUT SESSIONS

11:45 A.M.

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 -

AFTERNOON ACTIVITIES

3:30 P.M.

Examples: Alpine Tower, Choose Your Own Craft, Horseback Riding, 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 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

7:00 P.M.

CAMPFIRE & SKITS

Campfire is a fun way to close out the weekend. We will roast marshmallows and perform skits.

9:30 P.M.

FREE TIME

M O N D A Y

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.

Bus leaves 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.**