



MaleSurvivor Level 1 Weekend of Recovery
“Dare to Dream”
Join us for a beautiful spring weekend at
Sequoia Retreat Center
March 27-29, 2015

MaleSurvivor Weekends of Recovery are open to any man, 18 or older, who has been sexually victimized as a child and/or assaulted or raped as an adult. The weekends are also open to any man who has witnessed or experienced exposure to sexual trauma as well.

Sequoia Retreat Center is the location of our first 2015 Level I Weekend of Recovery. Nestled amid 200 acres of majestic coastal redwoods, madrones and tan oaks, the Sequoia Retreat Center provides a beautiful setting in which each of you can take the risks necessary to make this weekend a significant one in your recovery. Sequoia, located in the Santa Cruz Mountains, is a privately owned retreat center, and the owners, Scot and Diane Myers-Lipton, want you to feel safe, comfortable and nurtured. Their philosophy is best reflected in this welcome: “Welcome to a place of reflection and dialogue. The Sequoia land has been held sacred since 1949 -- it is a place where love has been experienced, where pain has been transcended, and where hope has been born. The Sequoia Retreat Center is a place where the deepest meaning of life may be explored in an atmosphere of quiet and beauty. Our hope is that your stay here enriches your life, and the life of our earth that is our place in the universe. May you add to the spirit of love that builds and nourishes this sacred place, and return to your daily life renewed. The history of Sequoia is a history of seasons, beauty, spirit, and truth. This can never be communicated by facts or descriptions; it must be experienced first-hand. We look forward to your visit.”

You can visit their website at www.sequoiaretreatcenter.com

While at Sequoia, you will take part in California style meals with an emphasis on fresh, organic, and local foods. We'll have single, double, and triple cabins available for lodging. All of the cabins have hardwood floors, have been modernized, and each has its own private bathroom. There will be space for up to 28 men on this weekend. Please be aware that Sequoia Retreat Center is not wheelchair-accessible, however all of our other sites used for Weekends of Recovery are wheelchair accessible.

Goals of the Level I Weekend of Recovery:

- 1) To provide an opportunity to experience a safe environment in which participants can discover they are no longer alone in their recovery;
- 2) To provide an opportunity to co-create and experience safety with other survivors as they explore further aspects of their healing journey;

- 3) To provide an opportunity where survivors can share their feelings and struggles, strength and hope with others who have been victimized;
- 4) To provide an opportunity for survivors to give a voice to their experiences as a survivor;
- 5) To provide a safe way for participants to share the story of the abuse done to them and to share understanding and support with each other;
- 6) To provide a safe place for participants to experiment with letting go, opening up and being vulnerable, and practice asking for the support they need;
- 7) To provide an opportunity for participants to explore safe ways of going beyond their comfort zones, and to find ways to resolve their blocks to move beyond their abuse to experience a greater sense of freedom in their minds, bodies, and spirits; and
- 8) To provide a safe place where participants can experience a sense of community, brotherhood and joy they can utilize to continue their recovery after the weekend is over.

Facilitator Team:

Weekends of Recovery are facilitated by trained psychotherapists, utilizing the same clinical boundaries and code of ethics as adopted by the American Psychological Association. The weekends are adjuncts to participants' ongoing recovery work with individual and/or group psychotherapy, twelve step programs, and individual spiritual work, and cannot substitute for the participants' local support systems that are consistent with their own recovery. Dr. Howard Fradkin, a Psychologist with over 30 years of experience working with male survivors, co-chairs the facilitator team, along with Jim Struve, Licensed Clinical Social Worker with over 35 years of experience working with male survivors. The weekends are also directed by a Leadership Team, which in addition to Jim and Howard includes Lynne MacDonell, BA, CADC, CHt, and Sharon Imperato, LMHC. The team of facilitators includes other Psychologists, Social Workers, Marriage and Family Therapists, and Mental Health Counselors. Biographies of all staff members for this weekend can be found on the MaleSurvivor website at www.malesurvivor.org

Dr. Fradkin will be coordinating the Sequoia facilitator team. The rest of the team for the weekend includes: Lee Beckstead, Bill Burmester, Sandi Forti, Lisa Jameson, and Torrence Wimbish

MaleSurvivor reserves the right to make changes to the staff depending on enrollment.

Safety at the Weekends

Screening for attendance on a Weekend of Recovery is required and will be conducted after a potential participant registers. The purpose of the screening interview is to help determine if a potential participant is ready to safely and productively participate in the weekend. If we determine a participant is not yet ready, we will suggest other activities he could engage in to prepare himself for participation in a future weekend.

Safety on the Weekends of Recovery is a priority. As a facilitator team, we emphasize personal safety for everyone in attendance at a WOR. To accomplish this goal, at the beginning of each weekend we engage in a collaborative process between facilitators and participants to define the safety guidelines for the weekend. The facilitator team is committed to working with the participants to provide structure and support to help protect individual and group safety and to promote opportunities for growth.

Another way we work to ensure safety is by having enough facilitators at each weekend so that individual attention is available whenever it is needed, along with encouraging participants to risk asking for help from each other as each participant brings a wealth of experience and skills with them.

To protect and promote an environment of safety, we do not allow the use of alcohol or any recreational or non-prescribed drugs. Sexual contact between participants during the weekend is not permitted. If a participant fails to adhere to these norms, or there are any other violations of safety guidelines, then one of the WOR Co-Chairs will meet with the participant to determine whether he will be allowed further participation in the weekend.

The Role of Women Facilitators at the Weekends of Recovery:

One of the valuable resources at a Weekend of Recovery is the presence of women facilitators who bring a wealth of therapeutic experience with men who have had a history of sexual abuse. Women facilitators can offer the benefit of witness and exchange that may differ from what men have experienced. During the weekends, they share fully in the responsibilities and work of the team. The inclusion of women on the team offers men an opportunity to examine their reactions to women in a safe setting.

Is This For Me? How Can I Prepare for the Weekend?

For those working with professionals, we recommend you discuss your planned participation in this weekend to get their feedback and suggestions for how you can benefit as much as possible from the experience while keeping yourself as safe as you need to be. All participants must be able to safely and appropriately engage in structured group activities. After receiving confirmation of your registration, if you are in therapy, please go to the website and download the form for your therapist to complete which confirms you and your therapist agree you are prepared for the weekend. If you have an already established support system of friends/family members/significant others, we also encourage you to talk with them about your participation so they can be available both before and after the weekend as needed to help you prepare and process your experiences.

If you are not in therapy, and/or do not yet have a support network, we encourage you to consider setting up an appointment with a therapist either before you come to the retreat, or as soon as possible after your return, and/or encourage you to explore what types of self-help groups and resources are available in your community or near by. Another option is to visit the MaleSurvivor website, and go to the bulletin boards and connect with other survivors there, or visit the moderated chat rooms, where you can talk with others who either have been to a weekend or may also be considering registering. This way you can follow up on some of the experiences and skills you learn that will help the weekend's learning stay fresh in your mind and help you apply what skills and awareness would most help your continuing recovery.

As mentioned above, part of creating safety at the weekends is by requiring every potential participant to talk with one of our facilitators prior to the weekend. One of our staff members will be contacting you by phone within two weeks of when we receive your application to talk with you about your needs for the weekend and your readiness to participate. All participants must be able to safely and appropriately engage in structured group activities. If we have any concerns about you participating, we may suggest some steps you can take to enhance your readiness for this weekend or we may ask you to wait for a future weekend while you take some additional steps we believe would be important for you to benefit from the experience. **Please do not schedule your travel arrangements until after your interview is completed and you have been told you have been accepted as a participant. The facilitator team will make every effort to complete that process as quickly as possible. You are encouraged to register early, to help you save money on transportation and by taking advantage of the early registration discount.**

You can read comments from other participants on our web page, by clicking on the tab for the Weekends of Recovery, and then clicking on “testimonials”. Many participants have told us that the weekend is a very intense and rewarding experience, and at the same time sometimes it is quite uncomfortable. We recognize that one of the challenges male survivors have is feeling comfortable enough to ask for help, especially when they are feeling most in need of the help. For participants who are aware they have a problem with dissociation, this can be an especially difficult challenge. We would encourage you to practice asking for help before the weekend, perhaps with your own therapist, as well as with friends and significant others, and to assess for yourself what gets in your way of asking for the help you need so you can let us know when we contact you prior to the weekend. The facilitators are all very skilled therapists, and often times we can be sensitive and intuitive enough to know you need help even when you are not asking. However, we will clearly need your help and ask you to take the risk to articulate your needs during the weekend. To the extent you can help us know you are needing some extra help at any time during the weekend, this will help you to have an even safer and hopefully more beneficial experience.

During the weekend, we'll invite you to participate in a number of different types of activities. We'll spend some time helping each of you to feel as safe as possible. We'll take our time getting to know each other by sharing a little at a time. Frequently during the weekend we will meet in small groups, where you can have more individual time to talk and share your feelings and observations.

Everyone will be given some opportunities to choose how to tell your story - through words, through art, through movement, and/or through music. We'll also introduce you to some different types of relaxation and visualization exercises you may choose to do at home to increase your abilities to cope and manage life stresses. We'll also give you time to wander the beautiful grounds alone or with some of your fellow participants.

Information About Transgender and Intersex Participants:

MaleSurvivor is committed to healing the sexual victimization of boys and men. However, MaleSurvivor recognizes that gender, as well as sexuality, exists on a continuum and many survivors of sexual assault may identify anywhere on this continuum, including being transgender or intersex. MaleSurvivor wants to honor this diversity while preserving the Weekends of Recovery as a space to heal in a community of men. It is our belief that the design of the Weekends of Recovery can best be utilized by individuals who currently identify as male and who want to heal in a male-identified space.

Survivors With A History Of Sexual Offending

Any person who has been convicted of sexual offending and/or is currently listed on a sexual offender registry as an adult is ineligible to participate in the regularly scheduled Weekends of Recovery. If this is true for you, we recommend that you review the last paragraph below to learn how you may be able to attend a future Weekend specially designed for survivors with an offending history.

When an applicant has been adjudicated on sexual offending charges as a youth, his eligibility and readiness for the Weekends of Recovery will be considered on a case-by-case basis through an interview with one of the Co-Chairpersons. If an applicant has been previously convicted of sexual offending as an adult, but is no longer on a sex offender registry, or his charges have been expunged, he will be similarly interviewed.

MaleSurvivor understands that some survivors have sexually acted out in childhood, adolescence, or even adulthood, and we do not wish to automatically exclude them from a Weekend of Recovery. Therefore, all applicants to the Weekend are screened for any history of sexual offending. When a survivor applicant has also sexually offended, we require an additional interview with one of the Weekends of Recovery Co-Chairpersons. We also consult with his current psychotherapist to determine if accepting him into the Weekend will be in the best interest of all survivor participants. We ask all potential participants to be honest in their screening interview and to disclose any and all incidents of sexual offending. We do this to assess how likely that history is to affect their experience of the Weekend as well as the experiences of other participants.

However, the MaleSurvivor Facilitator team believes that ALL survivors have a right and an ability to heal. To facilitate that goal, we maintain a waiting list for men who are ineligible for a regularly scheduled Weekend. When we have gathered a sufficient number of names and are able to facilitate such a weekend, we will offer one for these men to further their healing as survivors. If you are a survivor with an offending history, we encourage you to apply. To be placed on this waiting list, contact Howard Fradkin, PhD, Co-Chairperson, at hfradkin@malesurvivor.org and include a brief description of why you would like us to place you on this list.

Registration Costs

Registration includes the costs of the facilitated Weekend of Recovery program, with our 6 skilled facilitators from the MaleSurvivor Weekend of Recovery Facilitator Team, plus lodging, 7 meals, and snacks. Bottled water, juices, tea and coffee will be available throughout the weekend. We have a variety of accommodations in the cabins. If you are not a MaleSurvivor member, we encourage you to join the organization and become a dues-paying member prior to registration both to secure a significant discount (\$75 off) and to help support the work of MaleSurvivor. (NOTE: This is not the same as registering for website use with a log-in name; this is free) Limited numbers of each type of accommodation are available, and will be distributed on a first come, first served basis. You can also save \$100 more by registering early!

All prices quoted below are for Early Registration (by February 13, 2015)

CATEGORY A Triple -MaleSurvivor Member \$695

CATEGORY A Triple -Non-Member \$770

NOTE: Triple cabins are reserved for scholarship recipients only

You may request to be placed on the wait list for a triple cabin based on availability.

CATEGORY B Double -MaleSurvivor Member \$795

CATEGORY B Double - Non-Member \$870

CATEGORY C Single-Member \$995

CATEGORY C Single-Non-member \$1070

NOTE: There may be limited availability of single cabins. You may register for a single cabin, but we may need to place you in a double cabin depending upon the number of participants.

Registration after February 13, 2015: Add \$100 to costs above

To register for the weekend, we ask that you complete an online registration at www.malesurvivor.org and/or mail in a registration form. *To hold your spot for the weekend, we are requesting at least \$150 deposit with your registration.* You will have the choice on the registration form to either prepay your

registration in full at the time of registration or opt for a payment plan. If you want to take advantage of the early registration discount, your total registration must be paid by February 13, 2015. Your balance will automatically be charged to your credit card on February 13, 2015, and you will still receive the early registration discount. If you register after February 13, 2015, all payments must be made by March 13, 2015. You can either pay the full amount at the time of registration, or you can choose the 2 payment option, you will owe an additional \$100 for regular registration, and we will bill your credit card for the \$150 deposit when you register, and the balance of the total of the registration due based on your accepted accommodation type on March 13, 2015. *Holding your registration will be contingent on receipt of your additional registration fees on these dates.* Any registration which is not paid in full by March 13, 2015 will be subject to cancellation and a \$50 cancellation fee. Any cancellation after March 13, 2015, will be subject to the loss of all monies paid, unless we can find a replacement for your space in the weekend.

Registration will remain open until March 13, 2015, provided there is space available.

Scholarship Availability:

Partial scholarships are available for this weekend for anyone who has limited income or financial hardship. The number of scholarships we can offer is dependent on MaleSurvivor's Scholarship Fund balance. If you have a need for a scholarship, please submit a scholarship application BEFORE you register for the weekend. You can access the "Apply for a Scholarship" application via the Weekends of Recovery menu tab at the MaleSurvivor website. After you complete the Scholarship Application Form, email it to Jim Struve, Weekend Co-Chairperson, at jimstruve@mac.com.

We ask that all scholarship recipients join as a paying member of MaleSurvivor to be eligible for a scholarship. Membership is based on a sliding fee scale according to your income. You can join MaleSurvivor by clicking on the 3rd tab down on the left hand side of the website that says "Join MaleSurvivor".

Scholarship recipients are expected to accept assignment to a triple cabin/room. The maximum available for scholarship grants is 75% of the registration rate for a triple cabin/room. We encourage you to apply for only the amount of help you need as we seek to spread our scholarship funds to as many men as possible. If your scholarship request can be granted, Jim will contact you by email with authorization to register and directions about how to enter your scholarship into our payment system. We can only provide assistance with registration costs, and cannot at this time provide any assistance with transportation costs.

Scholarship recipients who cancel their registration more than 2 weeks prior to the starting date of the weekend may transfer their financial grant to a future WOR. However, cancellations that are received less than 2 weeks prior to the starting date of the weekend will be subject to the loss of all monies paid toward registration, unless we can find a replacement for your space in the weekend. Scholarship recipients who cancel within 7 days prior to the start of the weekend or fail to show up for the weekend will be expected to repay the amount of their scholarship grant. Any scholarship recipient who adheres to these cancellation policies is eligible to apply for a new scholarship grant for a future WOR.

MaleSurvivor also has a designated Scholarship Fund for Men of Color, which has been funded by generous donors to MaleSurvivor. You can indicate on the scholarship application form if you are eligible for this fund.

If you are in a position to make a financial contribution to our scholarship fund, you can make a donation through the MaleSurvivor website by contributing to the Scholarship Fund at www.malesurvivor.org, or during the online registration process. Thanks for any help you can provide.

Dining Options:

The meals at Sequoia are delicious California cuisine. If you have specific food needs or specific food allergies, please indicate this on your registration form and we will do our best to accommodate any special requests. Bottled water, juices, coffee and tea, half and half and soy milk will be supplied all weekend long for you.

Smoking and Sobriety Policy:

Guests may not smoke inside any building at Sequoia- including guest rooms - out of consideration for other guests. Cigar and pipe smoking are also prohibited. We will indicate to you at the time of your arrival where the designated smoking area is and ask that you respect this limit. If you utilize e-cigarettes or chewing tobacco, please be aware they may also only be used in the designated smoking areas during break times.

Participants are expected to remain sober from the use of alcohol or non-prescribed drugs during the weekend.

Other Information About Sequoia: Most cell phones do work here. We ask that you restrict cell phone use to break times to help you gain the most from the weekend.

Sequoia Retreat Center is a hilly environment, and some of the hills are steep. We will be walking to and from cabins and meeting spaces through the Sequoia forest. We can arrange transportation to anyone who needs assistance up and down the hills. Please be aware, however, that Sequoia Retreat Center is NOT wheelchair-accessible, however all of our other sites used for Weekends of Recovery are wheelchair accessible.

We have several optional hikes during the weekend, including early morning meditation walks and a longer hike on Saturday afternoon. There are plenty of walking trails through the woods, so bring socks, long pants, long sleeve shirts, bug protection and shoes that support you on rough terrain and are waterproof. Please bring your own flashlights as some cabins are located a distance through the woods. A packing list is located on our website on the tab that says "Weekends of Recovery". All bedding and towels are provided.

Transportation Coordination:

After you have registered and been accepted for the weekend, your name and email address will be provided confidentially to our webmaster, who will provide you access to the MaleSurvivor Bulletin Board. On the board, the very last category is for Weekends of Recovery, and you will see a topic called Sequoia Weekend of Recovery Transportation Coordination. You will then have access once you sign in to network with others who are planning on attending the Sequoia Weekend so you can offer to share or give rides to those needing help in getting from the airport to the Centre. To protect your confidentiality, this part of the bulletin board will only be able to be accessed by those registered for the Sequoia Weekend, and by the Weekend Co-Chairs. If you share a ride, please be respectful and offer assistance with paying for gas. **It is important that if you would like to participate in the transportation bulletin board, the email address you provide must be the same as the email address you supply when you join as a free member of the website.** On the board, you will then have access once you sign in to talk with others who are planning on attending the Sequoia Weekend so you can offer to share or give rides to those needing help in getting from the airport to the Center. To protect your confidentiality, this part of the bulletin board will only be able to

be accessed by those registered for the Sequoia Weekend, and by the Weekend Co-Chairs. If you share a ride, please be respectful and offer assistance with paying for gas.

Please do not schedule your travel arrangements until after your interview is completed and you have been told you have been accepted as a participant. The facilitator team will make every effort to complete that process as quickly as possible. The earlier you register, the more possible that will be (which of course could help you save money on transportation and by getting an early registration discount).

MaleSurvivor will not be responsible for any fees charged by your airline if you do not follow this policy and need to change your flying times.

When to Arrive and Depart –Making Travel Reservations:

The center is located 10 miles north of Santa Cruz, so San Jose airport will be your closest airport (1 hour away). However, some folks may find better airline costs arriving into Oakland or San Francisco (1 ½ hours away). Be aware that traffic may be heavy leaving Oakland or San Francisco, so additional travel time is recommended.

The weekend begins at 12 noon on Friday, and ends Sunday at 3 pm. Please pay particular attention to the arrival policy below before making your travel plans. Given travel time, we recommend all participants **plan to arrive on Friday no later than 10 am; and plan to depart on Sunday no earlier than 5:30 pm (depending on the airport you fly in and out of)** . If you cannot accommodate your schedule to arrive and depart at these times, please be considerate and do not register. Late arrivals would miss important orientation information, and we ask that all participants plan to stay until the end of the weekend on Sunday to allow you sufficient time for closure. If you find that the only airline reservations you can find will require an overnight stay on either Thursday or Sunday, accommodations are available near either airport, which will enable you to meet others if you plan on ride sharing.

Arrival Policy

Safety for all participants is our utmost concern. **Therefore, you are expected to arrive and be checked in by 12 noon on Friday when we eat lunch together in order to participate in the weekend.** In planning your trip, you are expected to take into consideration the unpredictable delays that may accompany your travel. **While we understand you may encounter delays for many reasons, we are unable to allow anyone to begin the weekend if your delay is greater than 1 hour. In other words, you cannot expect to be admitted to the weekend after 1 pm for any reason.** If you are experiencing a delay, we request you to call us to inform us of your arrival status. It is important to understand that in the event of your inability to attend due to late arrival, you will forfeit all monies paid for your registration. One strategy to avoid this situation is to arrive in the city of the weekend the night before, or a city near the airport. MaleSurvivor will provide you with information about budget hotels near the facility to help facilitate your stay. Your consideration of this policy will help strengthen the feeling of safety for all participants and help us to build a community.

Driving Directions:

Remember you can visit the website of Sequoia website to obtain driving directions at

The Sequoia Retreat Center
11445 Alba Road, Ben Lomond, CA 95005

831-336-5060

www.sequoiaretreatcenter.com/directions.htm

Departure Policy

Safety concerns and respect for the needs of all participants for adequate time to have closure also have encouraged us to develop a departure policy as well. The weekend is structured so that all participants will have sufficient time on Sunday to plan for their transition back home, to reflect on what they have learned during the weekend, and have an opportunity to say goodbye and express appreciation to the new community of men they have joined. **To accomplish these goals, it is necessary that all participants stay until the weekend ends at 3 pm.**

Completing a Level One Weekend is a requirement to attend any Advanced Weekends of Recovery. Any participant who leaves a weekend prior to 3 pm will be ineligible to attend an Advanced weekend until he completes a Level One weekend. We also suggest you read our Informed Consent Form on the website (you'll find it on the Weekends of Recovery tab) which also addresses early departure from the weekend.

Staying at Sequoia Before or After the Weekend:

For all Level One weekends, it is our policy that we do not allow participants to stay at the meeting facility either the night before the start of the weekend on Friday or at the end of the weekend on Sunday evening. Participants who arrive the night before or need to stay over often stay near the airports or nearby Sequoia, where there are a number of budget and mid-priced hotels available. This is convenient especially if you are sharing a ride with others who are arriving and departing from one of the airports.

Nearby Hotels:

A Hotel near the airport on North 1st St.:

<http://www.wyndham.com/hotels/SJCAP/main.wnt?cid=ROMGWD1034>

Other nearby hotels recommended by the owner of Sequoia:

[The Sainte Claire Hotel](http://www.thesainteclair.com) - www.thesainteclair.com - (408) 295-2000

[Hotel De Anza](http://www.hoteldeanza.com) - www.hoteldeanza.com - (408) 286-1000

Shuttle Information from the Airport

We hope the following list of transportation providers is helpful.
Each of these companies has provided transportation for our guests.

ABC Transportation

800-734-4313

Airport Express

831-462-5800

American Express Shuttle Service

408-259-9500

Coastal Express Transportation

831-464-1969 or 831-818-5295

Early Bird Airport Shuttle

831-462-3933

SLV Taxi & Airporter

831-335-1700

For Your Comfort While Visiting Sequoia:

The average high temperature for March is 67; the average low temperature is 40; which should make for a very comfortable stay for us. March tends to be a rainy month, and we usually have some light rain during our stay at Sequoia, as well as some beautiful sunny skies, so we recommend you bring some light rain gear and appropriate shoes, as we will be walking on dirt paths.

Therapist Recommendation Letter:

When you register online, you will notice a link to a therapist recommendation letter when you click the tab Weekends of Recovery on the home page; be sure to click on the Level I letter. If you register by mail, we will mail you the letter. We ask that all participants who are currently in therapy bring this letter to your therapist prior to the weekend, and ask them to complete it with you and send it back to us by March 23rd. The information in this letter will help us to provide for any additional needs you may have for safety. It is our intention to use this letter to help ensure your safety, and in no way is it intended to disempower you or cast doubt on your own judgment about your readiness to participate in the weekend. Please return the letter by March 23rd to Howard Fradkin at hfradkin@malesurvivor.org or fax it to 614-445-8283.

Consent Form:

There is also a tab on the website under Weekends of Recovery which contains our Participant Consent Form-please download the Level I Consent Form. We suggest you download this form and review it before you are interviewed. We ask that you bring your copy to the weekend, where we will provide you another opportunity to ask any questions you have. All participants must sign a consent form in order to participate in the weekend.

Male Survivor Weekend of Recovery Tentative Schedule:

March 27-29, 2015

FRIDAY

10-12	Registration – And Check In to Rooms
12-1	Lunch
1-1:45	Welcome and Guidelines for Participation
1:45-2:30	Co-creating Safety Guidelines
2:30-2:45	Introduction to Mind-Body Awareness
2:45-3	Break
3- 4	Introducing Ourselves

4 -4:15	Break
4:15-6	First Small Groups
6-6:30	Break/Journaling/Reflecting/Networking
6:30-7:30	Dinner
7:30-8:00	Break/Survivor T-shirts
8-9:30	Mind/Body Awareness: Grounding and Centering
9:30-10-	Journaling/Reflecting/Networking/Bedtime
	Facilitator Check In

SATURDAY

7-8	Optional Walking Meditation
8-9	Breakfast
9-9:15	Check-In
9:15-10	Preparing to Tell My Story
10-12	Telling My Story-Small Groups
12-12:30	Break/Reflecting/Art
12:30-1:30	Mindfulness Quiet Lunch
1:30-3	Optional Hike
	Survivor T-Shirts
3-5	Sculpting
5:15-6:15	Small Groups
6:15-6:30	Break
6:30-7:30	Dinner
7:30-8	Break/Journaling/Reflecting/Networking/T-shirts
8-10	Shame Busting
10:30-	Facilitator Meeting

SUNDAY

7:00-8:00	Optional Walking Meditation
8-8:45	Breakfast
9-9:15	Check-In
9:15-11	Community Building/Bridges to Home
11-11:15	Break
11:15-12:45	Brief evaluation; last small group
12:45-1	Break
1-1:45	Lunch
1:45-2	Break
2-3	Closing /Group pictures

ANY QUESTIONS:

Questions can be directed to Howard Fradkin, at 614-578-8887, or hfradkin@malesurvivor.org or Trisha Massa, Community Outreach Director at email ytamassa@aol.com.

