

MaleSurvivor Level 1 Weekend of Recovery
“Dare to Dream”
Join us for a beautiful fall weekend at
Alta Lodge
August 11 - 13, 2017

MaleSurvivor Weekends of Recovery are open to any man, 18 or older, who have been sexually victimized as a child and/or assaulted or raped as an adult.

This will be our 19th visit to Alta Lodge, which tells you how much we love the facility, its extremely supportive and nurturing staff, and the gorgeous surroundings. Alta Lodge is located at 8,600 feet (2,700 meters) at the base of the Alta Ski Area in Utah's Wasatch Mountains. Alta Lodge, nestled in a quaint alpine setting at the top of Little Cottonwood Canyon, offers spectacular mountain views. During September, the cottonwood and aspen trees are usually in the prime of their fall yellow plumage, adding to the beauty of this setting. Alta Lodge is part of a rare tradition of country inns where the attentiveness and warmth of family hoteliers is combined with the pleasures of excellent dining and comfortable surroundings. The atmosphere of the Alta Lodge is relaxed, intimate and informal. There will be space for up to 28 men on this weekend.

NEW THIS YEAR:

Registration will close 3 weeks prior to the beginning of the weekend (July 21, 2017), with no exceptions. We encourage you to sign up early to reserve your spot. This year we are offering only two Level One Weekends, so we anticipate there will be more demand for spaces.

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 inner pain, strength and hope with others who have been abused;
- 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 their abuse with others who will understand and offer support;
- 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 get beyond 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.

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 are not meant to substitute for the participants' local support systems that are consistent with their own recovery. Jim Struve, LCSW, with over 40 years of experience working with male survivors chairs the facilitator team. The team of facilitators includes other Psychologists, Social Workers, Marriage and Family Therapists, Psychotherapists, and Mental Health Counselors. Biographies of all staff members for this weekend can be found on the MaleSurvivor website at www.malesurvivor.org

Jim Struve will be coordinating the Alta Level 1 facilitator team. The rest of the team for this weekend includes: Lee Beckstead, Bill Burmester, Sharon Imperato, Lisa Jameson, and Matt Stella.

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 the WOR 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.**

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.

Policy Regarding Transgender and Intersex Participants

MaleSurvivor is committed to healing the sexual victimization of boys and men. MaleSurvivor also recognizes that gender exists on a continuum and that many survivors of sexual assault may identify anywhere on the gender continuum, including identifying as transgender or intersex. MaleSurvivor wants to honor this diversity while also 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 any individual who is a self-identified male and who wants to heal in a male-identified space. Therefore, self-identified male transgender and intersex survivors are welcome to participate in the Weekends of Recovery.

For more information for transgender sexual violence survivors, click here (<http://forge-forward.org/2015/09/trans-sa-survivors-self-help-guide/>) to access resources provided by FORGE, an organization that provides peer support to people on the transgender spectrum.

“Male identified” does not require any medical transitions, such as hormones or surgery, only clarity of identification at the time of attending a Weekend of Recovery/Day of Recovery.

Any questions or concerns about the above policy may be directed to Jim Struve, at jimstruve@mac.com.

Survivors with a History of Alcohol and Drug Abuse

The Weekend policy also includes a requirement that you remain free of alcohol and other non-prescribed drugs or street drugs during the weekend. We require you to be free of alcohol use 48 hours before the weekend and 72 hours free of the use of any non-prescribed drug or street drug. We require that you do not bring any alcohol or non-prescribed drugs with you to the weekend. If you are struggling with being able to meet these requirements, we recommend you choose to address these issues with your therapist prior to registering and attending a weekend.

Survivors with A History Of Sexual Offending

Any person who has been convicted of sexual perpetration and/or has been placed on a sexual offender registry as an adult is ineligible for participation in the regularly scheduled Weekends of Recovery. If this is true for you, we recommend you do not register now, and instead, review the last paragraph in this section to learn how you may be able to attend a specially designed weekend in the future.

In instances of adjudication on sexual perpetration charges as a youth, individuals will be considered for eligibility and readiness for the Weekends of Recovery on a case-by-case basis through an interview with one of the Co-Chairpersons. In instances in which someone has been previously convicted of sexual offending as an adult and their legal charges have been expunged, they will also be interviewed for appropriateness to participate in a Weekend of Recovery.

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 Weekends of Recovery must complete an interview, and during that interview they will be screened for any instances of sexual offending in their history. When a history of sexual offending is disclosed, an interview with the Weekends of Recovery Co-Chairperson will be required along with a consultation with their current psychotherapist to determine if they will be accepted based on consideration of their best interest and the best interest of all participants. We have an expectation that all potential participants will be honest in their screening interview and will disclose any such history or incidents in their past because some participants may experience safety concerns with people with such histories.

The MaleSurvivor Facilitator team believes that ALL survivors have a right and an ability to heal. To facilitate that goal, we will maintain a waiting list for men who are deemed inappropriate to attend one of our regularly scheduled weekends because they have been convicted of sexual perpetration and/or have been placed on a sexual offender registry as an adult or as a youth. When we have gathered a sufficient number of names and the ability to facilitate such a weekend, it is our intention to offer a special weekend for these men to assist them to further their healing as survivors. To be placed on this waiting list, contact Jim Struve at jimstruve@mac.com and include a brief description of why you are requesting to be placed on this waiting list.

Registration Costs

REGISTRATION CLOSURE:

Registration will close 3 weeks prior to the beginning of the weekend (July 21, 2017), with no exceptions. We encourage you to sign up early to reserve your spot.

Registration includes the costs of the facilitated Weekend of Recovery program, with our 6-8 skilled facilitators from the MaleSurvivor Weekend of Recovery Facilitator Team, plus lodging, 7 meals, and snacks. Water, juices, tea and coffee will be available throughout the weekend. We have a variety of accommodations at the center. A limited number of each type of accommodation are available, and will be distributed on a first come, first served basis.

_____	CATEGORY A1 -Triple/Quad Dorm Room, Shared Bath	\$ 650
_____	CATEGORY B2 -Double Bedroom, Standard King Bed	\$ 750
_____	CATEGORY D1 -Single Bedroom, Standard King Bed	\$ 850

Note: There are a limited number of ‘luxury rooms’ (Corner Single Deluxe Bedroom, Balcony Fireplace) that are available for anyone who is interested in upgrading their single registration. Cost for these special rooms is \$975. If you are interested in one of these rooms, simply register for a single room, then contact Jim Struve at jimstruve@mac.com to discuss availability for this upgrade

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. Your balance will automatically be charged to your credit card on July 21, 2017. Any registration which is not paid in full by July 21, 2017 will be subject to cancellation and a \$50 cancellation fee. Any cancellation after July 21, 2017, will be subject to the loss of all monies paid.

Registration will remain open only until July 21, 2017, provided there is space available.

SCHOLARSHIPS

A limited number of partial scholarships will be available for this weekend. The number of scholarships we can offer is dependent on MaleSurvivor's Scholarship Fund balance. If you have a need for a scholarship, please do not register for the weekend. Instead, 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, and email it to Jim Struve, WOR Manager at jimstruve@mac.com

Scholarship recipients are expected to accept assignment to a triple room. The maximum available for scholarship grants is 75% of the registration rate for a triple 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 1 month prior to the starting date of the weekend may transfer their financial grant to a future WOR. However, cancellations that are received less than 1 month prior to the starting date of the weekend will be subject to the loss of all monies paid toward registration. Scholarship recipients who cancel within 7 days prior to the start of the weekend or fail to show up for the weekend or show up too late will be expected to repay the amount of their scholarship grant in addition to losing any monies paid toward registration. Any scholarship recipient who adheres to these cancellation policies is eligible to apply for a new scholarship grant for a future WOR.

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

Chef Sam Wolf has been preparing meals of exceptional quality for Alta Lodge guests for over thirty years. The outstanding cuisine will certainly be one highlight of your Weekend of Recovery. A special treat is in store on Sunday, when we'll get to visit the Alta Lodge Sunday Buffet, a grand buffet featuring gourmet breakfast and lunch and dessert items! All of your food and snacks are included in your registration fees. The Chef is prepared to provide vegetarian cuisine if you request it ahead of time. Other special dietary restrictions or needs must be indicated on your registration form. A water bottle, 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 buildings at Alta - including guest rooms. This includes the use of e-cigarettes. Cigar and pipe smoking are also prohibited. Guests may smoke cigarettes or e-cigarettes in designated areas that will be indicated to you when you arrive.

We also require that no alcohol or non-prescribed drugs may be brought to the weekend.

Internet Access

Alta Lodge has wireless internet access. However, we request that you only access the internet during break times and not during any regularly scheduled activities.

Other information about Alta Lodge

Please bring rain gear, jacket, hat, & some warm clothes if you are sensitive to cool temps. Temperatures may be as low as the 40's at night and should be in the 60's & 70's during the daytime. Remember that mountain air can feel chilly once the sun sets, so you are advised to bring a light jacket. Sunscreen is strongly advised for daytime outdoor activities - remember that sunrays are considerably more intense at mountain elevations. A hat with a brim is also very helpful to protect you from the sun.

Alta Lodge is handicap accessible, however if you have any special physical needs, please let us know at the time of registration so that we can make plans to accommodate your physical abilities.

There are some spectacular hiking trails around Alta. If you plan to participate in any hiking activities, please pack hiking boots (or shoes comfortable for easy & moderate hiking trails), a hiking stick (if you use one), & a day pack.

All bedding, towels, hair dryers, shampoo and shower gel are provided.

HELPFUL INFORMATION ABOUT ALTITUDE

Alta Lodge is at 8500 feet altitude. It is not uncommon for people to experience minor physical symptoms above 8000 feet. (Symptoms can include headache, loss of appetite, & fatigue.) There are *no* specific factors such as age, sex, or physical condition that correlate with susceptibility to the effects of altitude.

Some people get it and some people don't, and some people are simply more susceptible than others. Here's some tips for how to deal with any effects of altitude that you may experience during the retreat:

- Stay properly hydrated. Acclimatization is often accompanied by fluid loss, so you need to drink lots of fluids to remain properly hydrated.

- Take it easy; don't over-exert yourself when you first get up to altitude. Be prepared that tasks such as climbing stairs may require more physical exertion than you're used to for the same task at

a lower elevation. Light activity during the day is better than sleeping because respiration decreases during sleep, exacerbating the symptoms.

-Avoid tobacco and alcohol and other depressant drugs including, barbiturates, tranquilizers, and sleeping pills. These depressants further decrease the respiratory drive during sleep resulting in a worsening of the symptoms. The acclimatization process is inhibited by dehydration, over-exertion, and alcohol and other depressant drugs.

-If you have any concerns about your susceptibility to the effects of altitude, please consult with your physician. **Diamox** (Acetazolamide) is a prescription medication that can moderate the side effects of altitude for most people. However, since it takes a while for Diamox to have an effect, it is advisable to start taking it 24 hours before you go to altitude.

Getting to Alta Lodge:

Alta Lodge is located at 10230 Utah Hwy 210, in the village of Alta, UT.

By Air: Eight airlines offer service to Salt Lake City International Airport: Alaska Air, American, Delta, Frontier, JetBlue, Sky West, Southwest, and United.

Alta Lodge is only 32 miles from the Salt Lake City International Airport, generally a 45 to 60 minute cab ride, and 40 minutes from downtown Salt Lake City. The final 8 miles of the drive is up a winding and scenic canyon road. You can arrange your transportation from Salt Lake International City Airport to the Alta Lodge through Canyon Transportation at 800-255-1841 or www.canyontransport.com/main and reservations must be made at least 24 hours in advance. The estimated cost is \$58 per person round trip (not including gratuity). Price is subject to change. Rental car information is available at www.slcairport.com/transport/rentalcars.

By Train/Bus: Salt Lake City is serviced by train on Amtrak; Buses are provided by Greyhound (www.amtrak.com/destinations/index.html) or (www.greyhound.com)

By Car: Salt Lake City is accessed via I-80 (east-west) and I-15 (north-south).

From either the airport or downtown, access I-80 EAST (Cheyenne/Salt Lake City direction). Take I-215 Belt route (south & east); Exit 6200 South (signs indicate Alta and other ski areas) and follow under the overpass to veer towards the left onto 6200 South. From this point, there are no more turns; just follow the road to Snowbird and Alta. The road will be signed as Wasatch Blvd., then as St. Hwy. 210.

Landmarks:

* A 7-11 store on your right as you pass through a large intersection (Big Cottonwood Canyon Road)

* At the entry to our canyon (Little Cottonwood), an electric sign with road and weather information. The final 8 miles of the drive is up a winding and scenic

canyon road.

- * From the sign it is about 9 miles up the canyon (passing Snowbird) to Alta.
- The Alta Lodge entryway is on the right side of the road, and the Lodge is several flights of stairs down.
- Travel Time: About 45 to 60 minutes from the airport terminal & approximately 40 minutes from downtown. .

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. **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 Alta Level 1 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 Alta Level 1 Weekend, and by the Weekend Co-Chairs. If you share a ride, please be respectful and offer assistance with paying for gas.

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 Plane Reservations

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).

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 6 pm if you are flying. 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, we are sorry, but we cannot provide overnight accommodations on Thursday or Sunday evening at Alta Lodge.

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.

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 Alta Lodge 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 Alta Lodge, 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.

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. 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 August 1st. 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 August 1st to Jim Struve at jimstruve@mac.com or FAX it to 844-829-2927.

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.

SCHEDULE: Below is the tentative schedule for the weekend:

Male Survivor Weekend of Recovery Tentative Schedule August 11 - 13, 2017

FRIDAY

10:00-12:00	Registration – And Check In to Rooms
12:00-1:00	Lunch
1:00-1:45	Welcome and Guidelines for Participation
1:45-2:30	Co-creating Safety Guidelines
2:30-2:45	Break
2:45-3:15	Introduction to Mind-Body Awareness
3:15- 4:00	Introducing Ourselves
4:00-4:15	Break
4:15-6:00	First Small Groups
6:00-6:30	Break/Journaling/Reflecting/Networking
6:30-7:30	Dinner
7:30-8:00	Break/Survivor T-shirts
8:00-9:30	Mind/Body Awareness: Grounding and Centering
9:30- 10-	Journaling/Reflecting/Networking/Bedtime Facilitator Check In

SATURDAY

7:00-8:00	Optional Walking Meditation
8:00-9:00	Breakfast
9:00-9:15	Check-In

9:15-9:45	Preparing to Tell My Story
9:45-10:00	Break & Walk to Small Groups
10:00-12:00	Telling My Story-Small Groups
12:00-12:30	Break/Reflecting/Art
12:30-1:30	Mindfulness Quiet Lunch
1:30-2:45	Optional Hike
	Survivor T-Shirts
	Break
2:45-4:45	Exquisite Self- Compassion/Self-Care
4:45-5:00	Break
5:00-6:15	Small Groups
6:15-6:30	Break
6:30-7:30	Dinner
7:30-8:00	Break/Journaling/Reflecting/Networking/T-shirts
8:00-10:00	Shame Busting
10:30-	Journaling/Networking/Rest
	Facilitator Meeting

SUNDAY

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

ANY QUESTIONS:

Questions can be directed to Jim Struve at 801-953-4928 or Trisha Massa, Community Outreach Director at email ytamassa@aol.com.