



Jul 26 – 28, 2023 Caregiver Retreat Schedule

Wednesday Jul 26th

1100-1200: Participants arrive & check in
1200-1230: Welcome briefing
1230-1330: Lunch
1330-1630: Travel to Lockes Hill, hike and return
1630-1700: Personal hygiene
1700-1730: Rap session
1730-1830: Dinner
1900-2000: **Sleep & Relaxation**
2000-2200: Optional group activities (games, etc.) in the restaurant

Thursday Jul 27th

0700-0800: Breakfast at Gunstock Inn
0800-0830: Packout for day on the lake
0830-0900: Travel from Gunstock Inn to Glendale docks
0900-1600: Workshops, lunch and water activities on Ragged Island
Workshops - **Creative Drawing Exercise & Values Based Self Care**
1600-1630: Travel to Gunstock Inn
1630-1700: Personal hygiene
1700-1730: Facilitated Rap session
1730-1830: Diner at Gunstock Inn
1830-1900: Free time
1900-2100: Optional group activities (games, etc.) in the restaurant

Friday Jul 28th

0700-0800: Breakfast at Gunstock Inn, Check out of rooms
0800-0915: **PTSD Impact**
0915-0930: Change into workout clothes
0930-1015: Yoga at Gunstock Inn
1015-1045: Shower, change clothes
1045-1200: **Participant Bonding Hour / Open Discussion**
1200-1300: Lunch at Gunstock Inn
1300-1400: Facilitation wrap-up, after-action review with participants
1400: Farewell, participants depart