



**MENHEALING**  
*Inspiring Hope, Changing Lives*

## **WEEKEND OF RECOVERY** **(Advanced)** Schedule of Activities

Advanced WORs focus on a theme or topic that varies annually. The 2 core themes for the Advanced events are **Personal Empowerment** and **Relationships and Intimacy**. When the latter topic is the focus for the Advanced WOR, partners or significant others are allowed to register and attend as well.

In addition, participants for Advanced WORs have add-on package options that allow for early arrival on Thursday and/or late departure on Monday.

### **Thursday - Add-On Option**

6:30 pm - 8:00 pm Dinner for Participants Who Arrive Thursday Evening  
8:00 pm - 9:30 pm Registration Opens

### **Friday**

8:00 am - 9:00 am Breakfast  
8:00 am - 8:45 am Registration open  
9:15 am - 9:45 am Intro / Orientation  
Welcome & Review of Agenda  
9:45 am - 10:30 am Co-Creating Safety & Defining Respect  
10:30 am - 10:45 am Break  
10:45 am - 11:30 am Participant Introductions  
11:30 am - 12:30 pm Large Group Session on the Weekend's Theme  
12:30 pm - 12:45 pm Break  
12:45 pm - 1:45 pm Lunch  
2:00 p.m. - 3:30 pm Small Groups

# WEEKEND OF RECOVERY

## (Advanced)

### Schedule of Activities

#### Friday (cont'd)

3:30 pm - 3:45 pm	Break
3:45 pm - 4:45 pm	Large Group Session on the Weekend's Theme
4:45 pm - 5:00 pm	Break
5:00 pm - 6:30 pm	Art Project
6:30 pm - 7:45 pm	Dinner
7:45 pm - 9:30 pm	Large Group Session on the Weekend's Theme
9:30 pm - ??	Networking, Relaxing, Sleep

#### Saturday

6:45 am - 8:00 am	Optional: Outdoor Mindfulness Meditation
8:00 am - 9:15 am	Breakfast
9:15 am - 9:45 am	Check-in
9:45 am - 11:00 am	Large Group Session on the Weekend's Theme
11:00 am - 11:15 am	Break & transition to small groups
11:15 am - 12:30 pm	Small Group
12:30 pm - 12:45 pm	Break
12:45 pm - 3:00 pm	Picnic Lunch - Optional Easy Hike
3:00 pm - 4:15 pm	Large Group Session on the Weekend's Theme
4:15 pm - 4:30 pm	Break
4:30 pm - 6:00 pm	Small Group
6:00 pm - 7:30 pm	Dinner
7:30 pm - 9:15 pm	Large Group Session on the Weekend's Theme
9:30 pm - ??	Cookies, Milk, Hot Chocolate, Tea Networking, Relaxing, Sleep

# WEEKEND OF RECOVERY

(Level 1)

## Schedule of Activities

### Sunday

7:00 am - 7:45 am	Optional Mindfulness Meditation Exercise / Walk
8:00 am - 8:30 am	Check-Ins
8:30 am - 10:30 am	Large Group Session on the Weekend's Theme
10:30 am - 11:45 am	Brunch
11:45 am - 1:15 pm	Small Group
1:30 pm - 2:30 pm	Closing



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