

Wellington SLAA 2018 Retreat Agenda

Healthy Relationships

Fri 23 - Sun 25 Nov 2018, Riverslea Sanctuary, Otaki Gorge

Day One - Friday 23 November

Start time	End time	Activity
18:00	19:30	Registration and dinner
19:30	20:00	Settle in, find rooms etc.
20:00	20:30	Icebreaker activity
20:30	20:45	Retreat intro/agenda

Day Two - Saturday 24 November

Start time	End time	Activity
7:45	8:15	Optional meditation
8:30	9:15	Breakfast
9:30	10:30	Session One - Relationship with Self
10:30	11:00	Morning tea
11:00	12:00	Session Two - Relationship with Others
12:00	13:30	Lunch and free time
13:30	14:30	Meeting (journal sharing)
14:30	14:45	Short break/afternoon tea
14:45	16:15	Session Three - Sober Dating Plan
16:30	18:00	Dinner prep/break
18:00	19:30	Dinner and cleanup
19:30	21:00	Social time/movie

Day Three - Sunday 25 November

Start time	End time	Activity
7:45	8:15	Optional meditation
8:30	9:15	Breakfast
9:30	10:30	Session Four - Boundaries + Dealing With Conflict
10:30	11:00	Morning tea break
11:00	11:30	Optional meditation
11:30	12:30	Reflections/general business
12:30	13:30	Cleanup/make your own lunch