

T.L.C.

Coffee House
2:15-3:45pm

[**T**ender **L**oving **C**are]

Turning your Inner critic into your Inner Champion.

Rosa B.

Come take a look at some of those negative voices in your head and lovingly turn them into positive healing voices.

.....

H.A.L.T.

Homet Lodge
2:15-3:45pm

[**H**ungry, **A**ngry, **L**onely, **T**ired]

Discover ways to identify your normal, natural needs and feelings.

Peter R.

You will be given some suggestions on how to do that, and to take care of yourself when you need to.

.....

S.I.A. Meeting

Coffee House
4:00-5:30pm

[Survivors Of Incest Anonymous]

For all those affected by sexual abuse and trauma.

Liz P.

.....

W.R.A.P

4:00-5:30pm

[**W**ork, **R**est, **A**nd, **P**lay]

Free time!!!! Do some recovery work, take a nap, play archery....Go PLAY!

.....

TALENT/NO TALENT SHOW

Homet Lodge
7:15-8:45pm

Do you have a burning desire to get on stage???

Talent or No Talent, you're all welcome and all will be applauded!!

Bill W.

.....

Homet Lodge

DANCE!

9:00pm – Midnight

with DJ Dave!

Sunday

2016 RETREAT VOLUNTEER MEETING

We'd love to have your help with next year's retreat! Come be a part of the planning and fun!

9:15-9:45am

Homet Lodge Deck

Madeline M.

.....

Fall Mountain Retreat

CLOSING CIRCLE!

Sharing our Experience, Strength, and Hope.

10:15-12:15am

Homet Lodge

Susan B.

OTHER ACTIVITIES

Meetings, Hot Tub, Swimming, Massage, Hiking, Tai Chi Chih, Archery, Arts & Crafts, Volleyball, Ping Pong, Journaling, Meditation, Labyrinth