



Warrior Family Retreat

June 4 - 6, 2021

AGENDA

Friday

- 3:00 - 3:30 Check in at the farm
- 3:30 - 4:30 GROUP I
Cowboy Games
GROUP II
Family "Fun With Horses"--safety, grooming, ground games
- 4:30 - 5:30 GROUP II
Cowboy Games
GROUP I
Family "Fun With Horses"--safety, grooming, ground games
- 5:30 - 6:00 Dogs and Burgers
- 6:00 - 'til Hotel check-in (Swim in the pool/Soak in the hot tub)

Saturday

- 7:00 - 08:30 Breakfast at hotel
- 8:30 Leave for farm
- 9:00 - 10:30 GROUP I
Adults: "Partners Again"
Children: Art project
GROUP II
Riding lessons - balance, stopping, turning
- 10:30 - 12:00 GROUP I
Riding lessons - balance, stopping, turning

GROUP II

Adults: "Partners Again"

Children: Art project

12:00 – 1:00 LUNCH

1:00 – 2:00 "Tools to Preserve Your Military Marriage"

Mike Schindler

Author: "Operation Military Family"

Children: Games

Teens/Tweens: "Family Fluctuations"

3:00 – 4:00 Family softball game

4:00 – 5:00 Free Time

5:00 – 6:00 BBQ DINNER

6:00 – 'til Campfire and S'Mores
Return to hotel

Sunday

7:00 – 8:30 Breakfast (Continental breakfast at hotel)
Hotel checkout

8:30 Leave for farm

9:00 – 9:45 **Adults:** Couples discussion and sharing of Saturday EAP exercises

10:00 – 11:30 **Adults:** Mind-Body Workshop

American Red Cross

Children: Kids Activities

11:30 – 12:30 **Partners:** Coping with the challenges – Equine-assisted exercises and sharing
among husbands, wives, caregivers

Warriors & Kids: Special time and play

11:00 – 4:00 Couples/Family Counseling Sessions (prescheduled)

12:30 – 1:30 LUNCH

1:30 - 2:30 GROUP I Trail Rides
 GROUP II Family project with "Treehouse Master " Pete Nelson

2:30 - 3:30 GROUP II Trail Rides
 GROUP I Family project with "Treehouse Master " Pete Nelson

3:30 - 4:30 Trail rides continue

5:00 Head home