



Warrior Family Retreat Agenda

August 23 – 25, 2024

Friday

3:00 – 8:00 Check in at the Hilton Garden Inn
Enjoy the pool. Relax in the lounge. Soak in the hot tub.
Dinner is on your own at a local restaurant

Saturday

7:00 – 08:30 Breakfast at hotel (complimentary)
Look for the sign just off the lobby by the meeting rooms.

8:30 Leave for farm

9:00 – 10:00 Registration and welcome

10:00 – 11:00 GROUP I
Adults: “Partners Again” (EAL)
Children: Art project

GROUP II
Horsemanship Lessons – language of the horse, ground games, mounting, balance stopping, turning

11:00 – 12:00 GROUP I
Horsemanship Lessons – language of the horse, ground games, mounting, balance

GROUP II
Adults: “Partners Again” (EAL)
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

Children: Kids Activities

9:45 – 10:00 BREAK

10:00 – 11:30 Adults: "Connecting with Kids"

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

Riding lesson and Trail Ride – mounting, stopping, going, turning

GROUP II Family project

2:30 – 3:30 GROUP II

Riding lesson and Trail Ride – mounting, stopping, going, turning

GROUP I Family project

3:30 – 4:30 Trail rides continue

5:00 Head home