

NATURAL HELPERS RETREAT TRAINING AGENDA

Day 1

<u>TIME</u>	<u>ACTIVITY</u>	<u>LEADER</u>
7-7:30	Bag Check (HS)	
2:30	Depart High School	
3:00	Welcome and Introductions Community Living Rules Group Pulse Name Whip Personal Treasure Hunt Goals/Roles of Natural Helpers Reminders about Communication Name Tag Game Secret Pal (w. LAST NAMES) Group Photo Labels and Stereotypes Headbands Poem: "Masks" Think Of A Secret Untieland SET UP OBSTACLE COURSE !!!!!!!!!!!!!!! Introduction To Trust/Confidentiality Trust Walk Trust Circles Lap Sit	
5:00	Dinner Trainer meeting	
6:00	Clap -A- Long I am Loveable and Capable (IALAC)	
7:00	Taking Care of Yourself-Stress, Mindfulness & Coping	
10:00	Relaxation	
11:00	DORMS QUIET AFTER THIS TIME !!!!!!!!!!!!!!!	
12:00	Lights Out: YOU WILL BE TIRED AND WILL NEED REST FOR A LONG SATURDAY !!!!!	

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DAY 2

<u>TIME</u>	<u>ACTIVITY</u>	<u>LEADER</u>
7:30	Trainer meeting	
8:00	BREAKFAST -- MAKE INDIVIDUAL IALAC SIGNS	
9:00	Do you know Your Neighbor? Review of Day 1	
10:00	Overview: The Helping Relationship Facilitative Responses: A Demonstration Reminders for Helping Feelings Dictionary High and Low Facilitative Responses Small Group Practice: Poem: "Listen" Problem Solving Role Play	
12:30	LUNCH - DECIDE ON WHAT YOU WILL SAY AT SHARING	
1:30- 2:30	Suicide and the School's Reponse Suicide Myths What To Do If A Friend Talks About Suicide Small Group Practice & Suicidal Peers	
2:30	Limit of Time and Energy Limit of Attitude Limit of Ability	
3-4:30	Explanation of Sharing Skits	
4:30	FREE TIME TRAINERS: PUT UP SCROLLS/SET UP THE ROOM	
5:00	DINNER	
6:00	Poem: "Risks" Sharing Scroll Introduction Rainstorm	

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DAY 3 (JK Day)

<u>TIME</u>	<u>ACTIVITY</u>	<u>LEADER</u>
7:00	Pack	
8:00	BREAKFAST & Scrolls Debrief with Adults (list of concerns)	
8:45	Do you know Your Neighbor? Review of Day Two WHAT WILL YOU LEAVE BEHIND? Group Pulse Follow-up Meetings, Activity Logs, And Class Absence Policy Re-entry Issues/Skits Community Resources Handle or Express Your Limits Problem – Crisis – Emergency	
10:00-11:30	Secret Pals	
11:30-12	A Starfish Story Scroll Ceremony	
12:00	Depart Camp	