



# "TRIUMPH OVER TRAUMA" PROGRAM SCHEDULE - 2nd WEEK

(The Session Numbers shown relate to the appropriate Session paragraph numbers in the Participants' Manuals)

Time	Sunday 15/05/22	Monday 16/05/22	Tuesday 17/05/22	Wednesday 18/05/22	Thursday 19/05/22	Friday 20/05/22
6.00am - 6.30am	10 Walk	Rise & Free Time	10 Exercise	Rise & Free Time	10 Exercise	Rise & Free Time
6.30am - 7.05am	Showers / Prepare		Showers / Prepare		Showers / Prepare	
7.15am - 7.55am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8.00am - 8.55am	11 Mindfulness	11 Mindfulness	4 Trauma Sensitive Yoga	11 Mindfulness	11 Mindfulness	Farewells and Departures
9.00am - 9.55am	23 Introduction to Canine Support	5 Daily Group Reflections	5 Daily Group Reflections	5 Daily Group Reflections	5 Daily Group Reflections	
10.00am - 10.25am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
10.30am - 11.25am	22 Empathy & Understanding	25 Lived Experience Support	29 Medication Information	31 Shoe Box Reveals	34 Alcohol & Substance Use	
11.30am - 12.25pm		26 Post Traumatic Growth and Resilience (1)	30 Benefits of Creativity	32 Understanding Stress in Life		
12.30pm - 1.25pm	Lunch	Lunch	Lunch	Lunch	Lunch	
1.30pm - 2.30pm	Partner's Depart	26 Post Traumatic Growth and Resilience (2)	31 Shoe Box Creations	32 Understanding Self Care	35 Helpful Resource Material	
2.35pm - 3.35pm	24 Introduction to Equine Assisted Therapy		27 Understanding Depression			
3.40pm - 4.40pm		28 Understanding Loss & Grief	- Goal Setting & Post Program Planning - Exercise Planning - Nutrition and Healthy Eating Plan - Values and Strengths	36 Program Evaluation & Questionnaire		
4.45pm - 5.00pm		Brief for Tomorrow			31 Plus Shoe Box Creations	
5.05pm - 6.00pm		Brief for Tomorrow	Free Time	Brief for Tomorrow	Free Time	
	Free Time	Free Time	Free Time	Free Time	Free Time	
6.00pm - 7.00pm	Dinner	Out for Dinner	Dinner	BBQ Dinner	Farewell Dinner	
7.00pm - 8.30pm	"Camp Fire"	Free Time	Shoe Box Creations	Free Time	Free Time	