

Oregon Teen Retreat 2019 - Draft Agenda

Join us for a wildly entertaining Oregon Teen Retreat! Where we will empower young people to cultivate resilience and embrace differences! Our action-packed agenda incorporates team building, stress management, and wellness, as well as recreational activities. Participants will leave with new tools for managing health, a restored sense of self, and an increased capacity to bounce back in the face of adversity. Youth will leave inspired (and ready to inspire) with the new and fun tools to navigate the crossroads of spirit, mind and body!

Monday, August 19th

Time	Agenda	Location	Staffing
1:30 - 2:30 PM	Registration	TBD	Everyone
2:30 - 3:00 PM	Settle into Cabins	Cabins	Everyone
3:00 - 3:45 PM	MANDATORY Adult Orientation	TBD	Adults
3:15 - 3:45 PM	Camp Tour and Group Photo	Meet @ TBD End @ TBD for Photo	Everyone
4:00 - 5:45 PM	Opening Session	TBD	Everyone
6:00 - 6:45 PM	Dinner (and Clean Up)	Dining Hall	Everyone
7:00 - 8:00 PM	General Session Well-being Jeopardy	TBD	Everyone
8:00 PM	MANDATORY Adult Debrief	TBD	Adults
8:15 - 10:00 PM	Campfire! All-Star Meet & Greet / S'mores	TBD Hold for Mindful Moment	Everyone
10:30 PM	Lights Out!	Cabins	Everyone

Tuesday, August 20th

Time	Agenda	Location	Staffing
7:15 - 8:15 AM	Breakfast (and Clean Up)	Dining Hall	Everyone
8:15 - 8:30 AM	Announcements	Front of Dining Hall	Everyone
8:30 - 10:00 AM	Wellness Activities (I) Yoga Nature Walk Field Activities Jog	TBD Meet @ Meet @	Everyone

10:00 - 10:15 AM	Snack	Snack Shack	Everyone
10:30 - 11:30 AM	Workshops (Session I) Navigating Healthcare Staying in the Lines Family Matters The Pact	Hold for Mindful Moment TBD	Everyone
11:30 - 12:15 PM	Lunch (and Clean Up)	Cabins	Everyone
12:30 - 1:30 PM	Workshops (Session II) Navigating Healthcare Staying in the Lines Family Matters The Pact	Hold for Mindful Moment TBD	Everyone
1:30 - 2:00 PM	Snack and Break (Grab gear for REC Activity)	Snack Shack	Everyone
2:00 PM - 2:15 PM	Announcements	Front of Snack Shack	Everyone
2:15 - 5:15 PM	REC Activity (Session I) Archery, Rock Tree, Basketball, Volleyball, Game Court, Disc Golf, Swimming, Horseshoes Art Activity: TBD	Art Activity @ TBD	Everyone
5:30 - 6:15 PM	Dinner (and Clean Up)	Dining Hall	Everyone
6:30 - 7:30 PM	Workshops (Session III) Navigating Healthcare Staying in the Lines Family Matters The Pact	Hold for Mindful Moment TBD	Everyone
7:30 - 8:00 PM	Break	Cabins	Everyone
8:00 - 10:00 PM	Camp Fire Open Mic/ Comedy	TBD	Everyone
8:00 PM	MANDATORY Adult Debrief	TBD	Adults
10:30 PM	Lights Out!	Cabins	Everyone

Wednesday, August 21st

Time	Agenda	Location	Staffing
7:15 - 8:15 AM	Breakfast (and Clean Up)	Dining Hall	Everyone
8:15 - 8:30 AM	Announcements	Front of Dining Hall	Everyone
8:30 - 10:00 AM	Wellness Activities (II) Yoga Meditation Nature Walk Jog	TBD Meet @ TBD Meet @ TBD	Everyone

10:00 - 10:15 AM	Snack	Snack Shack	Everyone
10:30 - 11:30 AM	Workshops (Session IV) Navigating Healthcare Staying in the Lines Family Matters The Pact	Hold for Mindful Moment TBD	Everyone
11:30 - 12:15 PM	Lunch (and Clean Up)	Dining Hall	Everyone
12:30 - 2:00 PM	Group Activity Scavenger/ Geocache Hunt	Hold for Mindful Moment TBD	Everyone
2:00 - 2:15 PM	Snack (Grab gear for REC Activity)	Snack Shack	Everyone
2:15 - 2:30 PM	Announcements	TBD	Everyone
2:30 - 5:15 PM	REC Activity (Session II) Swimming, Archery, Basketball, Volleyball, Disc Golf, Activity Room, Zipline Art Activity: TBD	Art Activity @ TBD Swimming @ 3:00 PM	Everyone
5:30 - 6:15 PM	Dinner (and Clean Up)	Dining Hall	Everyone
6:15 - 6:45	Change for Evening Activity	Cabins	Everyone
7:00 - 10:00 PM	Evening Activity Paintball!!! Art Activity or Minute-to-Win-it Activities	TBD	Everyone
7:00 PM	MANDATORY Adult Debrief	TBD	Adults
10:30 PM	Lights Out!	Cabins	Everyone

Thursday, August 22nd

Time	Agenda	Location	Staffing
7:15 - 8:30 AM	Breakfast (and Clean Up)	Dining Hall	Everyone
8:30 - 9:00 AM	Prepare for Departure from Camp Pack Belongings / Clean up Cabins (Final Cabin Checks)	Cabins	Everyone
9:15 - 11:00 AM	Tai Chi (General Session)	TBD.	Everyone
11:00 - 12:00 PM	Closing Session & Activities (Slideshow, etc.)	TBD	Everyone
12:00 - 12:30PM	Sack Lunch	Dining Hall	Everyone