

Schedule of Activities for Family Program and Couples Day



Time	Day One (Friday): Understanding Addiction	Day Two (Saturday): Understanding The Impact Of Addictions On Relationships	Day Three (Sunday): Understanding The Impact Of Addictions On Relationships	Day Four (Monday): Couples Day*
7:45am	Renewal Centre Opens Coffee, Tea, and Continental Breakfast Available To Interested Participants	Renewal Centre Opens Coffee, Tea, and Continental Breakfast Available To Interested Participants	Renewal Centre Opens Coffee, Tea, and Continental Breakfast Available To Interested Participants	Renewal Centre Building Opens Coffee, Tea, and Continental Breakfast Available To Interested Participants
7:50am	Group Starts Check-In and Morning Introductions	Group Starts Check-In and Morning Introductions	Group Starts Check-In and Morning Introductions	Check-In and Morning Introductions Why We Are Here and What We Want To Learn Exercise
8:30am	Housekeeping and Group Introductions Exercise and Group Discussion: "Why We Are Here And What We Have In Common" (Suggested Readings From "How Al-Anon Works", p. 35-36; p.10-11)	The Impact Of Addiction On Relationships (Lecture and Discussion)	Dealing With The Fear Of Relapse (Lecture and Discussion)	Moving Forward And Overcoming Resentments (Lecture and Discussion)
8:45am	BREAK	BREAK	BREAK	BREAK
9:00am	Understanding The Grips of Addiction (Lecture On Addiction And Discussion)	Understanding Addiction As A Dance That the Entire Family Participates In Video Clip- Scene From "Rachael Getting Married"	Feedback and Closing (Clients join Family Program participants)	Tips For Building Healthy Relationships (Lecture and Discussion)
10:00am	Lunch	Lunch	Lunch	Lunch
10:15am	Understanding The Mental Mismanagement Of Addiction	Reflection On The Dance Exercise And The Journey To Healing	Open Floor Discussion and Question Period	Trekscape Map Activity
10:30am	BREAK	BREAK	Group Wrap-Up	BREAK
11:00am	Wrap Up Exercise And Closing For The Day	Understanding The Impact Of Addictions On The Entire Family	Self-Directed Time/Visiting	Reflection On The Activity And Group Closing
11:30am	Self-Directed Time/Visiting	Wrap-Up/Closing	Self-Directed Time/Visiting	Self-Directed Time/Visiting
12:00pm		Self-Directed Time/Visiting		
12:15pm				
1:00pm				
1:15pm				
2:15pm				
2:30pm				
3:00pm				
3:30pm				

*The following program is for clients and their partners who have already registered for the session. Family Program completion is a pre-requisite for attending Couple's day.