

Shelter in Recovery: Tentative Schedule

FRIDAY

5-6pm	Tech support/review on Zoom
6-6:50pm	Meet and Greet
7-8pm	Key Note Speaker/fundraiser
8-9pm	Virtual Meeting

SATURDAY

9-9:50am	Breakfast Cafe
9:55am-10:00am	Intro
10-10:30am	Meditation Session
10:30-10:35am	Interactive Activity
10:35am-10:50am	Break
10:50-11am	Intro/etiquette/expectations
11-noon	Room 1: The Promises of FAA
11-noon	Room 2: Relapse Prevention/ Return to Recovery
11:56-12:01pm	Interactive Activity
12:01pm-12:25pm	Entertainment #1
12:25p-12:30	Intro/etiquette/expectations
12:30-1pm	30 minute Hangout/Lunch Break
1-2pm	Room 1: Meal Planning w/ Medical Consideration
1-2pm	Room 2 Addictive Nature of Our Disease
2pm-2:05pm	Interactive Activity
2:05-2:15pm	10 Minute Break
2:15-2:45pm	Entertainment #2
2:45pm-3:00pm	Break?
3-4:20pm	Main Speaker/Sharing/Interactive Activity
4:20pm-4:40pm	Interactive Activity
4:40pm-4:45pm	Expectations/Board Info
1 hour dinner	
5:45-6:45	Room 1: How to Achieve Serenity
5:45-6:45	Room 2: Traveling While Abstinent
15 minute break	
7-8:55pm	Interactive Activity
8:55pm-9:00 pm	Intro/etiquette/expectations
9-10pm	Virtual Meeting

SUNDAY

9-10am	Breakfast
10-10:30am	Entertainment #3
10:45-11:45am	Closing Speaker/session/Goodbye's