

BIG HUG GRIEF RETREAT
Saturday, June 10, 2017

Saturday June 10th

- 8:00 – 9:00 Staff Arrival, set up, orientation
- 9:00 – 9:30 Retreat Guest Registration/name tags
- 9:30 – 10:00 Warm up activities/Introductions to staff
- 10:00 – 12:00 **Circle 1:** Introduce Talking Sticks and Blue Box Activity
Sharing Our Stories w/ Momentos
(Blue Box messages if time permits)
- 12:00 – 12:45 Lunch (provided), Stretch-Your-Legs, Restroom Break, etc.
- 1:00 – 2:45 **Circle 2:** Pass out and go over Journals, discuss ***Tasks of Mourning***, and the ***Grief Wheel***. Write messages for ***The Blue Box***.
(M&M Game if time permits)
- 2:45 – 3:00 Snacks (provided), Stretch-Your-Legs, Restroom Break, etc.
- 3:00 – 4:15 **Circle 3:** Bead Activity, blue box project, art project
- 4:15 – 5:00 Closing Activities – Waterside Farewell, burning of Blue Box
Staff Debriefing and departure