



"TRIUMPH OVER TRAUMA" PILOT PROGRAM SCHEDULE - 1st WEEK



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am to 6.30am		Rise	Rise	Rise	Rise	Rise	Rise
6.45am		Introduction to Relaxation Techniques	Bush Walk	Relaxation Techniques	Relaxation Techniques	Relaxation Techniques	Relaxation Techniques
7.15am		Introduction to Small Group Reflective Activity		Small Group Reflective Activity	Small Group Reflective Activity	Small Group Reflective Activity	Small Group Reflective Activity
8.00am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8.45am		Introduction / Overview	About Peer Support (1)	Post Traumatic Stress and Anxiety (1)	Individual Meetings (with fill-in activities)	Understanding Emotions (1)	Resilience and Post Traumatic Growth (1)
9.45am		Briefing / Guidelines / House Rules	About Peer Support (2)	Post Traumatic Stress and Anxiety (2)	Individual Meetings (with fill-in activities)	Understanding Emotions (2)	Resilience and Post Traumatic Growth (2)
10.45am		Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
11.00am		Shared Stories	Understanding Stress in Life (1)	Individual Meetings (with fill-in activities)	Nutrition and Healthy Eating (Individual) 1.	Understanding Depression	First Week Review
12.00am		Shared Stories	Understanding Stress in Life (2)	Individual Meetings (with fill-in activities)	Excursion with Lunch	Understanding Loss and Grief	Partners Arrive
1.00pm		Lunch and Free	Lunch and Free	Lunch and Free		Lunch and Free	Lunch and Free
2.30pm	Arrival Informal Introductions, and Administration	How the Brain Works	Nutrition and Healthy Eating	Equine Assisted Therapy		Canine Support	Empathy and Understanding (Joint)
3.30pm		Introduction to Electives/Activities	Introduction to Crafts / Hobbies				Empathy and Understanding (Separate)
4.30pm	Chairman's and Lead Facilitator's Welcome	Benefits of Exercise	Exercise Opportunities			Exercise Opportunities	Nutrition and Healthy Eating
6.00pm	Dinner	Dinner and Free	Dinner	Campfire Dinner	Dinner	Dinner and Free	Dinner
7.30pm	Mingling		Movies		Guest Speaker		Magic

Those Participants without Partners in Attendance on the Saturday and Sunday, will choose Session activities for their group for those days.



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



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
6.00am to 6.30am	Rise and Free	Rise	Early Morning Bush Walk	Rise	Rise	Rise	
6.45am		Relaxation Techniques		Relaxation Techniques	Relaxation Techniques	Relaxation Techniques	
7.15am	Relaxation Techniques	Small Group Reflective Activity	Small Group Reflective Activity	Small Group Reflective Activity	Small Group Reflective Activity	Small Group Reflective Activity	
8.00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8.45am	Empathy and Understanding (Joint)	Role of Relationships and Building Connections	Alcohol and Substance Use (1)	Individual Meetings (with fill in activities)	Improving Sleep	Review of Benefits of Program including Support	
9.45am	Empathy and Understanding (Separate)	Developing and Maintaining a Personal Exercise Program	Alcohol and Substance Use (2)	Individual Meetings (with fill in activities)	Managing Anger	Program Critique	
10.45am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
11.00am	About Peer Support	Coping in a Crisis (1)	Elements of Communication (1)	Participants' Choice	Nutrition and Healthy Eating (Individual) 2.	Program Evaluation	
12.00am	Empathy and Understanding (Joint)	Coping in a Crisis (2)	Elements of Communication (2)	Participants' Choice	Helpful Resource Material	Farewells	
1.00pm	Lunch	Lunch and Free	Lunch and Free	Lunch and Free	Lunch and Free	Lunch and Departures	
2.30pm	Partners Depart	Financial Planning Employment Interests	Exercise Opportunities	Sport or Craft/Hobbies	Craft / Hobbies		
3.30pm	Equine Assisted Therapy		Equine Assisted Therapy		Bush Walk		
4.30pm			Exercise Opportunities				
6.00pm	Dinner and Free	Dinner	Campfire Dinner	Dinner	Dinner and Free		
7.30pm		Games Night		Humour and Laughter Therapy			

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