



Your First Step to Change: *A Gambling-Free Weekend*

Saturday & Sunday, May 4-5, 2019

AGENDA

**All meals will take place in The Commons except for Saturday lunch*

Saturday 5/4/2019

8:00 am – 9:00 am	Registration & Breakfast - Foyer
9:00 am – 10:00 am	<u>Welcome</u> <u>Individual Introductions Exercise and Icebreaker- Americas</u>
10:00 am – 11:00 am	<i>For Gamblers</i> Workshop #1 <u>Building Your Recovery Toolbox - Americas</u>
	<i>For Loved Ones</i> Workshop #2 <u>I'm Worth It: Strategies for Self-Care – Broad St.</u>
11:00 am – 11:15 am	Break
11:15 am – 12:45 pm	Individual Consultations (see sign-up sheet in your packet) <i>Linda – Broad St.</i> <i>Maureen - Americas</i> <i>Dot – office by Broad St.</i>
	Activities: Art Opportunities – <i>foyer</i> Mindful Movement – <i>Meg Francis -Park</i>
12:15 – 1:15 pm	Lunch - Foyer
1:30 – 2:30 pm	Presentation: <u>Managing your Finances</u> – <i>MiShy Sibley- Americas</i>
2:50 pm – 3:30 pm	Workshop #3 <u>Managing your Finances for the Problem Gambler - Americas</u> Workshop #4 <u>Managing your Finances for Loved Ones– Broad St.</u>
3:30 pm – 3:45 pm	Break – <i>Check in to your rooms</i>
3:45 pm – 4:45 pm	Individual Consultations (see sign-up sheet in your packet) <i>Linda – Broad St.</i> <i>Maureen - Americas</i> <i>Dot – office by Broad St.</i>
	Activities: Art Opportunities – <i>foyer</i> Mindful Movement – <i>Meg Francis -Park</i>



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5:00 pm – 6:00 pm

For Gamblers

Workshop #5 **No Betting No Matter What** - Americas

For Loved Ones

Workshop #6 **We're on the Same Team: Communication, Trust, and Enabling Positive Change.** - Broad St.

6:30 pm – 7:30 pm

Dinner - Commons

7:45 pm – 8:45 pm

No Wrong Door to Recovery - Americas

Sunday 5/5/2019

8:00 am – 8:45 am

Continental Breakfast - Commons

8:45 am – 9:00 am

Morning Check-in – Broad St.

9:00 am – 10:30 am

Workshop #7 **Developing trust and taking care of ourselves** - Americas

10:30 am – 11:00 am

CHECKOUT

11:00 am – 12:00 pm

Workshop #8 **Moving Forward from Here: Establishing Support Systems** - Americas

12:00 – 1:00 pm

Lunch

1:00 pm – 2:00 pm

The WOW Hour & Closing - Americas

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