

“Navigate with Confidence”

Saturday, April 20, 2024

Agenda

Time	Activity	Room	Participants
9:30 - 10:00 am	Registration and morning snack (all)	Techumseh	All
10:00 -10:15 am	Welcome Address (all)	Techumseh	Adults and teens
10:15-11:00 am	Motivational speaker/Peer influencers(13+)	Techumseh	Alan Shane Lewis and guests
10:15-11:00	Music therapy session Children (5-12 yr olds)	Riel	Kids 5-12
11:00- 11:15	Bio/Stretch break - Jen	Techumseh	
11:15 12:15 pm	Art Therapy session A -Adults	Layton	Adults
11:15 12:15 pm	Art Therapy session B - Teens (13+)	Reil - OAK 320	Teens
11:15 12:15 pm	Art Therapy session C - Children (5-8)	ML	Children 5-8
11:15 12:15 pm	Art Therapy session D - Children (9-12)	ML	Children 9-12
12:15- 1:15 pm	Lunch (all)	Techumseh	All
1:25 - 2:30 pm	Group talk therapy sessions A - Adults	Techumseh	Adults
1:25- 2:30 pm	Points of You Session for Parents - Heather	ML	Parents
1:25 - 2:30 pm	Group talk therapy sessions B - Teens	Layton	Teens
1:25 - 2:30 pm	Active Activities with April & Hannah	Riel	Kids 5-12
2:30- 2:45	Bio/Stretch break - Jen (all)		
2:45 - 3:30 pm	Crash Rhythm	Layton	Kids 5-12
2:45 - 3:30 pm	I-rest meditation/gentle yoga with Jen(13+)	Riel	Teens & Adults (option)
2:45 - 3:30 pm	Points of You session (13+)	ML	Teens & Adults (option)
3:30- 3:45 pm	Afternoon snack (all)	Techumseh	All
3:45- 4:00 pm	Wrap up and closing (all)	Techumseh	All