



# LGBTQ VETERAN RETREAT SCHEDULE

## Day One: Travel Day

Mehadi Foundation Staff meet veterans at the airport

Transportation to the retreat site

**7:00 pm**

Gather for Dinner

**8:00 pm**

Greetings and Introductions

Veterans get a chance to introduce themselves and get better acquainted with the Mehadi Staff

Introduction of body work staff who will be providing massage, Craniosacral Therapy, and acupuncture. Veterans may schedule appointments at this time for body work throughout the weekend, if desired.

**9:00 pm**

End of scheduled activities

Personal time



## Day Two: Peer Support Day

**7:30 am**

Yoga, meditation, and exercise

These morning workouts and centering exercises are optional to the veterans.

**8:30 am**

Gather for Breakfast

**9:30 am**

Instructional Period

The tools and methods of pure peer-support are taught to participants. Staff discuss confidentiality, creating a safe space for peers, and emotional discharge.

**10:30 am**

Peer support breakout groups

Veterans break into small groups to take listening turns.

**Noon**

Gather for Lunch

**1:00 pm**

Instructional period

Creativity as a healing practice. Examples include instruction on writing, performance, sculpting, painting, and making Combat Paper.

**3:00 pm**

Personal Time and Recreational activities

Veterans can participate in swimming, hiking, horseback riding, skiing, sports, and other team building exercises.

**5:00 pm**

Gather for Dinner



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## Day Two Continued

**6:00 pm**

Instructional Period

Building peer support networks. Veterans are advised of techniques to create and maintain their own local and national support systems.

**7:00 pm**

Peer support breakout groups

**8:30 pm**

Native American Pipe Ceremony

This spiritual ceremony is optional for veterans.

**9:30 pm**

Bonfire

## Day Three: Advocacy Training Day

**7:30 am**

Yoga, meditation, and exercise

These morning workouts and centering exercises are optional to the veterans.

**8:30 am**

Gather for Breakfast

**9:30 am**

Instructional Period

Advocacy and Activism as a Healing Practice

Veterans are trained in the following:

- How to form a group
- Keeping in touch
- Connecting with other organizations
- Fundraising
- Using peer support techniques to stay motivated
- Resolving conflict among veterans

Based on interest, further training on specific activism topics will be provided.

**11:30 am**

Peer support breakout groups

**Noon**

Farewell Circle and Expressions of Gratitude

**1:00 pm**

Veterans are transported from the retreat site to the airport

