

# SLAA Wellington Retreat 2024 – Relationships in Recovery \*

Friday 15th November

| Time          | Activity   |
|---------------|--|
| 6.00 -7.30 pm | Registration & dinner  |
| 7.30– 8.45pm  | <b>Introduction</b><br>Welcome and house keeping<br>Introducing the topic of Relationships in Recovery |
| 8.30pm        | Free Time  |

Saturday 16th November

|                 |   |
|-----------------|---|
| 8.00 – 9.00 am  | Breakfast   |
| 9.30 – 10.30 am | Components of a Good Relationship   |
| 10.30-11 am     | Morning Tea   |
| 11 – 12 noon    | Values in Partnership   |
| 12.00 – 2.30 pm | Lunch   |
| 2.30 – 3.30 pm  | Tapping into your Higher Power: Chanting and EFT Tapping for Emotional Resilience |
| 3.30 – 4.00 pm  | Afternoon Tea   |
| 4.00 – 5.00 pm  | Relationship-focused Exercises from The Artist’s Way                              |
| 5.00 -6.30 pm   | Preparing dinner / Break time   |
| 6.30-8.00 pm    | Dinner & clean up   |
| 8:00 pm         | Retreat Quiz/ Social/ Free time   |

Sunday 17th November

|                  |   |
|------------------|---|
| 8.00 – 9.00 am   | Breakfast   |
| 9.30 – 10.30 am  | Relationship With Self  |
| 10.30 – 10.45 am | Break   |
| 10.45 - 11.45 am | <b>Intergroup Meeting</b><br>Agenda: TBC                                    |
| 11.45 – 12.30 pm | <b>Final thoughts</b><br>Reflections – What did you get out of the weekend? |
| 12.30 – 2.00 pm  | Lunch and farewells   |

\* Subject to change, programme correct as of September 2024