

EMPOWERED

To Connect

Day 1 – Thursday

8:00 – 8:30	BREAKFAST, Welcome & Prayer
8:30 – 9:30	Family Introductions
9:30 – 9:45	BREAK
9:45 – 11:45	Session 1 – Building a Foundation of Connection
11:45 – 12:30	LUNCH
12:30 – 2:30	Session 2 – Understanding the Child’s History
2:30 – 2:45	BREAK
2:45 – 4:45	Session 3 – Understanding the Parent’s History
4:45 – 5:00	BREAK
5:00 – 6:30	Session 4 – Adult Attachment & Parental Expectations
6:30 – 7:15	DINNER
7:15 – 8:30	Building a Network of Support

Day 2 – Friday

8:00 – 8:30	BREAKFAST, Welcome & Prayer
8:30 – 9:00	Q & A
9:00 – 10:00	Session 4 – Adult Attachment & Parental Expectations (cont.)
10:00 – 10:15	BREAK
10:15 – 11:45	Session 5 – The Attachment Dance
11:45 – 12:00	BREAK
12:00 – 1:00	Session 5 – The Attachment Dance (cont.)
1:00 – 1:45	LUNCH
1:45 – 3:45	Session 6 – Sensory Processing, Nutrition, Sleep & Neurotransmitters
3:45 – 4:00	BREAK
4:00 – 6:00	Session 7 – Behavioral Change Principles & Strategies
6:00 – 6:30	BREAK & Travel to restaurant
6:30 – 8:30	DINNER – No agenda; just fun

Day 3 – Saturday

8:00 – 8:30	BREAKFAST, Welcome & Prayer
8:30 – 10:00	Session 8 – Behavioral Change Principles & Strategies
10:00 – 10:15	BREAK
10:15 – 11:30	Session 9 – Behavioral Change Principles & Strategies
11:30 – 12:30	Q & A, Group Exercise
12:30 – 2:00	LUNCH – Develop Strategic Plan on Implementing ETC Training
2:00 – 3:00	Strategic Plan Debrief
3:00 – 4:00	Situation Exercise, Next Steps
4:00 – 4:30	Wrap-Up & Prayer