

Welcome!

Chester, CT Mother Loss Retreat Schedule for June 7-10, 2024



DAY 1

- 5 pm - 6 pm CHECK-IN & WELCOME ANNOUNCEMENTS
- 6 pm - 7 pm DINNER
- 7 pm - 8:30 pm INTRODUCTORY GATHERING

DAY 2

- 8 am - 9 am BREAKFAST
- 9 am - 12:30 pm WORKSHOP GATHERING
- 12:30 pm - 1:30 pm LUNCH
- 1:30 pm - 3:30 pm WORKSHOP GATHERING
- 3:30 pm - 6:30 pm FREE TIME
- 6:30 pm - 7:30 pm DINNER
- 7:30 pm - 9ish pm FIRESIDE TALK (BRING A PHOTO OF YOUR MOM)



RETREAT SCHEDULE

DAY 3

8 am - 9 am



BREAKFAST

9 am - 12:30 pm



WORKSHOP GATHERING

12:30 pm - 1:30 pm



LUNCH

1:30 pm - 2:30 pm



MINDFULNESS ACTIVITY

2:30 pm - 3:30 pm



MEDITATION, JOURNALING AND
DISCUSSION

3:30 pm - 6 pm



FREE TIME

6 pm - 7 pm



DINNER

7 pm - 8:30ish pm



FIRESIDE TALK

DAY 4

8 am - 9 am



BREAKFAST

9 am - 11:30 am



CLOSING ACTIVITIES

12:15 pm



GOODBYE LUNCH