

Leadership and Resiliency Retreat

8:00 to 5:00 pm 50 families

- Event Venue:
 - San Juan Bautista Mission

Parent/Caregiver Retreat

- Presenters:
 - Daysi Quijada
 - Raul Morales
 - Gerardo Nava (part of the panel of parents)
 - Diana Wilson
 - Maxine Arreola (part of the panel of parents)
 - Alejandra Arreola
 - Yoga and meditation instructors
- Co-facilitators
 - Melany Graffigna (part of the panel of parents)
 - Nora Cabrera (part of the panel of parents)
 - Maria Esther Cabrera (part of the panel of parents)

Youth Retreat - Play/Leadership/Resiliency

- Lead staff: Nayeli, Gina and Mrs. Chris
- Support staff: Daisy, Belia, Kasandra, Alma, John, Martha, Laura and Youth volunteers
 - 0-5 QELO activities (possibly at site with parents)
 - 6-12
 - 12-18

Agenda for the parents:

- 8-9 am breakfast
- 9-12:30 MALDEF training English and Spanish (Daysi and Ale)
 - Break
- 12:30-1:30 Lunch
- 1:30-300 pm
 - Session A (45min each session so participants can attend both)
 - Resiliency (Diana and Daysi or Ale)
 - Seven Habits of Highly Effective People (Gerardo and Raul)
- 3:00-4:30 pm
 - Session B
 - Meditation Yoga (we have 2 possible instructor) (need an instructor for meditation)
 - Soccer (Gerardo and Raul)
- 4:30 Closing back home

Agenda for the youth

- Children 0-5 will have our QELO program (Daysi, Alma, Belia, Martha)
- They will join the families for meals

- 8:00 am -9:00am breakfast
- 9-10 Leadership workshop
 - Children 6-12 - Laura Hernandez - John
 - Adolescents13-17 - Nayeli Ceja - Kassandra and Danya
- 10:00 - 10:15 Break
- 10:15 11:00 Playworks Gina Leni
- 11:00 12:00 pm Resiliency workshop
 - Children 6-12 - Laura Hernandez - John
 - Adolescents13-17 - Nayeli Ceja - Kassandra and Danya
- Break 30 min (fun activities)
- 12:30-1:30 Lunch
- 1:30pm 2:00 pm Playworks Gina Leni
- 2:00 pm 3:00 pm Seven Habits of Highly Effective People Workshop
 - Children 6-12 - Laura Hernandez - John
 - Adolescents13-17 - Nayeli Ceja - Kassandra and Danya
- 3:00-4:00 pm Board Games
- 4:00 pm 4:30 pm Playworks Gina Leni
- 4:30 Closing back home