



## *Leadership and Resiliency Retreat*

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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
  - Adolescents 13-17 - 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
  - Adolescents 13-17 - 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
  - Adolescents 13-17 - 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