



"TRIUMPH OVER TRAUMA" PROGRAM SCHEDULE - 1st WEEK

(The Session Numbers shown relate to the appropriate Session paragraph numbers in the Participants' Manuals)

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-------------------|------------------------------------|--|--|--|--|---|---|--|
| 6.00am - 6.30am | | Rise & Free Time | Rise & Free Time | 10 Exercise | Rise & Free Time | 10 Walk | Rise & Free Time | |
| 6.30am - 7.05am | | | | Showers / Prepare | | Showers / Prepare | | |
| 7.15am - 7.55am | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | |
| 8.00am - 8.55am | | Introductory Group Activity | 4 Trauma Sensitive Yoga | 11 Mindfulness | 4 Trauma Sensitive Yoga | 11 Mindfulness | 4 Trauma Sensitive Yoga | |
| 9.00am - 9.55am | | Introduction to Mindfulness | 5 Introduction to / and Daily Group Reflections | 5 Daily Group Reflections | 5 Daily Group Reflections | 5 Daily Group Reflections | 6 Nutrition & Healthy Eating (2) | |
| 10.00am - 10.25am | | Morning Tea | Morning Tea | Morning Tea | Morning Tea | Morning Tea | Morning Tea | |
| 10.30am - 11.25am | | 1 Introduction to Cognitive Behaviour Therapy | 6 Nutrition and Healthy Eating (1) | 12 Post Traumatic Stress and Anxiety | 15 Developing and Maintaining a Personal Exercise Program | 18 Role of Compassion | 22 Empathy and Understanding | |
| 11.30am - 12.25pm | | 2 How the Brain Works (1) | 7 Improving Sleep | | 16 Engagement on Values and Strengths | | | |
| 12.30pm - 1.25pm | | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 1.30pm - 2.30pm | | Shared Stories | 3 | 8 Elements of Communication | 13 Understanding Emotions | 17 Individual 55 Minute Meetings - Goal Setting & Post Program Planning - Exercise Planning - Nutrition and Healthy Eating Plan - Values and Strengths | 19 Additional Interventions | 3 How the Brain Works (2) |
| 2.35pm - 3.35pm | | | 9 Benefits of Exercise | 20 Role of Relationships & Building Connections | | | About 4 Aussie Heroes Foundation | |
| 3.40pm - 4.40pm | | Arrive | Schedule Briefing | 10 Exercise Circuit | 14 Managing Anger | Brief for Tomorrow | First Week Review and Prep for Partners | Exercise or Individual Meetings and some Free Time |
| 4.45pm - 5.00pm | | | Free Time | Brief for Tomorrow | Brief for Tomorrow | | Brief for Tomorrow | |
| 5.05pm - 6.00pm | | Self Introductions Briefing | Free Time | Free Time | Free Time | Free Time | Partners Arrive | |
| 6.00pm - 7.00pm | Dinner | Dinner | Dinner | Out for Dinner | Dinner | BBQ Dinner | CATERED Dinner | |
| 7.00pm - 8.30pm | Health Data Collection & Settle In | Free Time | Free Time | Free Time | Free Time | 21 Humour and Laughter | Free Time | |

Those Participants who may not have Partners or Support Persons in attendance on the Saturday and Sunday are to still attend sessions.



"TRIUMPH OVER TRAUMA" PROGRAM SCHEDULE - 2nd WEEK

(The Session Numbers shown relate to the appropriate Session paragraph numbers in the Participants' Manuals)

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|---|--|---------------------------------|--|--------------------------|
| 6.00am - 6.30am | 10 Walk | Rise & Free Time | 10 Exercise | Rise & Free Time | 10 Exercise | Rise & Free Time |
| 6.30am - 7.05am | Showers / Prepare | | Showers / Prepare | | Showers / Prepare | |
| 7.15am - 7.55am | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 8.00am - 8.55am | 11 Mindfulness | 11 Mindfulness | 4 Trauma Sensitive Yoga | 11 Mindfulness | 11 Mindfulness | Farewells and Departures |
| 9.00am - 9.55am | 23 Introduction to Canine Support | 5 Daily Group Reflections | 5 Daily Group Reflections | 5 Daily Group Reflections | 5 Daily Group Reflections | |
| 10.00am - 10.25am | Morning Tea | Morning Tea | Morning Tea | Morning Tea | Morning Tea | |
| 10.30am - 11.25am | 22 Empathy & Understanding | 25 Lived Experience Support | 29 Medication Information | 31 Shoe Box Reveals | 34 Alcohol & Substance Use | |
| 11.30am - 12.25pm | | 26 Post Traumatic Growth and Resilience (1) | 30 Benefits of Creativity | 32 Understanding Stress in Life | | |
| 12.30pm - 1.25pm | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 1.30pm - 2.30pm | Partner's Depart | 26 Post Traumatic Growth and Resilience (2) | 31 Shoe Box Creations | 32 Understanding Self Care | 35 Helpful Resource Material | |
| 2.35pm - 3.35pm | Introduction to Equine Assisted Therapy | 27 Understanding Depression | 17 Individual 55 Minute Meetings - Goal Setting & Post Program Planning - Exercise Planning - Nutrition and Healthy Eating Plan - Values and Strengths | 33 Coping in a Crisis | 36 Program Critique | |
| 3.40pm - 4.40pm | | 28 Understanding Loss & Grief | | | 36 Complete Program Evaluation & Questionnaire | |
| 4.45pm - 5.00pm | | Brief for Tomorrow | | | 31 Plus Shoe Box Creations | |
| 5.05pm - 6.00pm | Brief for Tomorrow | Free Time | Brief for Tomorrow | Free Time | Free Time | |
| | Free Time | | Free Time | | | |
| 6.00pm - 7.00pm | Dinner | Out for Dinner | Dinner | BBQ Dinner | Farewell Dinner | |
| 7.00pm - 8.30pm | "Camp Fire" | Free Time | Shoe Box Creations | Free Time | Free Time | |